

INTRODUCTION TO SOFT TISSUE MOBILIZATION

ABOUT THE SPEAKERS

Claudia Senesac, PT, PhD, PCS has over 27 years of pediatric clinical experience. She is the owner and administrator of a pediatric physical therapy private practice since 1984 and is a board certified clinical specialist in Pediatrics. Her master's degree is in health science with a focus on motor control. She graduated with a PhD in Rehabilitation Science in 2006 with her research interest focused on motor learning and motor control in the neurologically impaired populations: adult individuals who have suffered a stroke, pediatric individuals who have suffered a SCI or who have cerebral palsy. Investigations have included Constraint Induced Movement Therapy, Upper Extremity Intervention protocols for recovery, and Locomotor Training in the pediatric population. She currently is participating in an NIH and MDA grant investigating Duchenne's muscular dystrophy. She designed and coordinated the Pediatric course at the University of Florida beginning in the year 2000. This course has been selected by the Pediatric Section of the APTA as an example of innovative and creative teaching strategies for a pediatric curriculum for entry-level DPT students and will be part of the Pediatric Compendium 2006. Her primary teaching responsibilities in the entry-level program include Functional Anatomy I and II and Pediatrics. She joined the faculty as a lecturer in April 2003.

Barbara J. Bour, PT has over 30 years of pediatric clinical experience. She is a staff physical therapist at All Children's Hospital where she has worked for the out patient department at the main campus for the last 10 years. She is the previous owner of Children's Therapy Centers in the Tampa Bay region of Florida. She graduated with a B.S. in Physical Therapy from the University of Missouri. She has been involved in teaching in the United States, Central and South America and the South Pacific. She assisted in the development of the Pediatric course at the University of Florida. She was awarded Outstanding Clinical Instructor from the OF school of Physical Therapy in 2004. She is presently courtesy faculty at the school. She is guest lecturer for the Saint Petersburg College Physical Therapy Assistant Program. She has been involved in collection of data for Constraint Induced Movement Therapy for Pediatrics and the Norming of the Harris Infant Neuromotor Test (HINT). She is currently involved in a collaborative project with the University of South Florida school of Physical Therapy to develop an educational module for the idiopathic toe walker. She is co-author of Helping Babies Move and author of Treatment of The Baby with Myelomeningocele to Enhance Lower Extremity Function.

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TOPIC INDEX

Disc 1 (Parts 1 & 2)

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| Seminar Information | 2 min. |
| Introduction | 11 min. |
| Efficient Structure and Function | 24 min. |
| Embryonic Development | 7 min. |
| Connective Tissue | 11 min. |
| Cellular Characteristics | 11 min. |
| Extracellular Elements | 18 min. |
| Types of Connective Tissue | 13 min. |
| Layers of Fascia | 7 min. |
| Function of Fascia | 10 min. |
| Scar Tissue | 3 min. |
| Total Time Disc 1 (1 hour 57 min.) | |

Disc 2 (Parts 3 & 4)

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| Scar Tissue cont. | 13 min. |
| Research Studies | 12 min. |
| Preparation and Principles of Treatment | 13 min. |
| Reactions to Treatment | 6 min. |
| Precautions | 4 min. |
| Contraindications | 11 min. |
| Palpation Skills | 3 min. |
| Pressure depth and Area | 10 min. |
| Superficial Skin Techniques | 7 min. |
| Tablecloth Exercise | 13 min. |
| Find a Hair Exercise | 3 min. |
| Clock Approach | 5 min. |
| Specific Treatment Techniques | 13 min. |
| Total Time Disc 2 (1 hour 53 min.) | |

Disc 3 (Parts 5 & 6)

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| Anatomy Review | 44 min. |
| Evaluation and Treatment Principles | 13 min. |
| Examining the Superficial Back | 13 min. |
| Mobilizing Latismus Dorsi | 9 min. |
| Mobilizing Trapezius | 10 min. |
| Mobilizing Erectors | 14 min. |
| Mobilizing Multifidus | 7 min. |
| Mobilizing Rhomboids | 4 min. |
| Mobilizing Pectoralis Major and Minor | 7 min. |
| Total Time Disc 3 (2 hours 1 min.) | |

Disc 4 (Parts 7 & 8)

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| Pectoralis Major and Minor continued | 13 min. |
| Teres Major and Minor | 6 min. |
| Rotator Cuff Muscles | 12 min. |
| Scalenes | 13 min. |
| Muscles of the Arm and Hand | 28 min. |
| Anatomy Review | 48 min. |
| Total Time Disc 4 (2 hours) | |

Disc 5 Parts 9 & 10)

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| Anatomy Review continued | 2 min. |
| Mobilization Reminders | 5 min. |
| Muscles of the Neck | 30 min. |
| Muscles of the Pelvic Girdle | 18 min. |
| Muscles of the Anterior Upper Leg | 10 min. |
| Muscles of the Anterior Lower leg & Foot | 11 min. |
| Muscles of the Posterior Upper Leg | 10 min. |
| Muscles of the Posterior Lower Leg & Foot | 20 min. |
| Additional Muscles | 10 min. |
| Total Time Disc 5 (1 hour 56 min.) | |

Disc 6 (Part 11)

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| Treatment Demonstrations | |
| Scar Tissue Release | 25 min. |
| Chronic Shoulder/Neck Pain in an Adult | 38 min. |
| Upper Body Release in a Child with Quadraplegia | 16 min. |
| Lower Body Release in a Child with Diplegia. | 17 min. |
| Total Time Disc 5 (1 hour 36 min.) | |

Total Viewing Time (11 hours 23 min.)

Total Time Granted for Written Material (2 Hours)

Total Hours Granted : 13 Contact Hours/ 1.3 CEUs