

FACULTY

William J. Hanney, *PT, PhD, ATC/L, CSCS, MTC* is a clinician, researcher and educator who currently serves as an instructor at the University of Central Florida School of Physical Therapy where he teaches and conducts clinical research. Additionally, he maintains a clinical practice at Brooks Rehabilitation. Dr. Hanney earned his undergraduate degree from the University of West Florida for studies in Sports Medicine/Athletic Training and his Master and Doctor of Physical Therapy degrees at the University of St. Augustine for Health Sciences. His clinical practice focuses on the treatment of orthopedic conditions with a special interest in core stabilization and muscular control. He is an experienced educator, clinician and author having presented/published nationally in the areas of biomechanics, rehabilitation and sports medicine. Dr. Hanney maintains involvement in the APTA, the National Strength and Conditioning Association, The American Academy of Orthopedic Manual Physical Therapists and the National Athletic Trainers Association.

AUDIENCE

This is an *intro-intermediate level* workshop for **PTs, PTAs, OTs, OTAs and ATs**.

NOTE: *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

DATES & LOCATIONS

Aug. 22/23 **Boston (S. Weymouth), MA**
South Shore Hospital

Sept. 19/20 **Raleigh, NC**
WakeMed Health & Hospital

CANCELLATION POLICY

POLICY: Registration fee less a **\$75 administrative charge** is refundable if cancellation received **14 days prior to program date**. **No refunds will be given after that time.** Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT liable for registrants non-refundable airfare, accommodations or fees.

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, AT and Assistants**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Therapy Network Seminars is an AOTA Approved Provider of professional development (**Provider #3073**). This live/hands-on seminar is offered at 15 contact hours/1.5 CEUs. Introductory level, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.

MYOFASCIAL MANIPULATION

*Foundations, Regional Applications,
and Clinical Integration*

FACULTY

William J. Hanney
PT, PhD, ATC/L, MTC, CSCS



Therapy **NETWORK** SEMINARS

www.TNSeminars.com



SEMINAR DESCRIPTION

Myofascial Manipulation is a two-day, hands-on course that equips clinicians with the skills to assess and treat fascial restrictions. Combining evidence-based science with extensive lab practice, the course bridges fascia's anatomy and physiology with its clinical relevance across the lifespan.

Day 1 covers fascia fundamentals—structure, neurophysiology, and its role in pain and movement dysfunction. Participants will practice palpation and release techniques, then apply them to the cervical, thoracic, and upper extremity regions. Clinical applications include tension headaches, thoracic outlet syndrome, shoulder dysfunction, and carpal tunnel syndrome.

Day 2 focuses on the lower quadrant, addressing the thoracolumbar fascia, pelvis, and lower extremity. Instruction highlights conditions such as low back pain, hip impingement, patellofemoral pain, and plantar fasciopathy. Labs emphasize targeted techniques for the lumbar spine, pelvis, hip, and lower extremity, concluding with whole-body integration and clinical reasoning.

By the end of the course, participants will be able to identify fascial restrictions, apply safe and effective techniques, and integrate myofascial manipulation with exercise and movement retraining. This course is ideal for clinicians looking to expand their manual therapy toolbox and improve outcomes for patients with musculoskeletal pain and movement disorders.

OBJECTIVES

Describe the anatomy, physiology, and biomechanical properties of fascia and its role in musculoskeletal function and dysfunction.

Identify indications, contraindications, and precautions for the safe application of myofascial manipulation.

Demonstrate accurate palpation skills to assess fascial restrictions across the cervical, thoracic, lumbar, pelvic, upper extremity, and lower extremity regions.

Apply foundational myofascial manipulation techniques, including sustained pressure, cross-hand release, and fascial gliding.

Perform region-specific myofascial techniques for the upper quadrant, lower quadrant, and extremities to address common clinical conditions.

Integrate global fascial release strategies using fascial line concepts (e.g., superficial back line, spiral line) to enhance mobility and function.

Incorporate myofascial manipulation into comprehensive treatment plans alongside exercise, movement retraining, and patient education.

Utilize clinical reasoning to select, sequence, and progress myofascial interventions based on patient presentation and outcome measures.

REGISTRATION

Myofascial Manipulation

Please note the course location you are attending:

* _____

Bring a Buddy Registration: \$495 p/p

(No Deadline) Must be done simultaneously

Early Registration: \$545

Postmarked 30 days prior to date of course

Late Registration: \$595

Postmarked within 30 days of course date

4 WAYS TO ENROLL

BY MAIL

Mail registration and payment to:

Therapy Network, Inc.

168 Twisted Trail

Waynesville, NC 28786

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DAY 1 COURSE SCHEDULE

- 8:00 Sign in and Continental Breakfast**
8:30 Fascia in rehabilitation and scope of practice
9:00 Myofascial System Foundations
*Anatomy and physiology of fascia: layers, continuity, tensegrity principles
*Neurophysiological mechanisms: mechanoreceptors, autonomic effects, pain science
*Indications, contraindications, and precautions
10:00 Break
10:15 Lab: Foundational Palpation & General Techniques
*Palpation of fascial layers (skin, superficial fascia, deep fascia)
*Basic techniques: cross-hand release, skin rolling, sustained pressure
11:15 Upper Quadrant (Cervical & Thoracic Regions)
*Fascial anatomy of cervical and thoracic regions (deep cervical fascia, thoracolumbar junction)
*Common dysfunctions: tension headaches, thoracic outlet, postural strain
*Regional interdependence: cervicothoracic and scapulothoracic links
12:30 Lunch (on your own)
1:30 Lab: Upper Quadrant Techniques – Cervical & Thoracic
*Suboccipital release, SCM fascial manipulation
*Thoracic paraspinal fascial release
*Rib cage fascial mobilization
3:00 Break
3:15 Upper Extremity Applications
*Fascial lines and connections in upper extremity
Dysfunction patterns: carpal tunnel, lateral epicondylalgia, shoulder impingement
4:30 Lab: Upper Extremity Techniques
*Pectoral fascia release
*Forearm fascial mobilization
*Carpal tunnel unloading techniques
5:30 Q/A and Adjourn

DAY 2 COURSE SCHEDULE

- 8:00 Key concepts, techniques and clinical reflections**
8:30 Lumbar & Pelvic Fascia
*Thoracolumbar fascia, iliopsoas, pelvic floor connections
*Clinical syndromes: low back pain, SI joint dysfunction, hip impingement
9:30 Lab: Lumbar & Pelvis Techniques
*Thoracolumbar decompression
*Iliacus and psoas fascial manipulation
*Piriformis and gluteal fascial release
10:45 Break
11:00 Lower Extremity Fascial Connections
*IT band, hamstrings, adductors, plantar fascia
*Clinical applications: PFPS, hamstring strains, plantar fasciopathy
12:00 Lunch (on your own)
1:00 Lab: Lower Extremity Techniques
*T band mobilization and fascial glide
*Hamstring fascial release
*Plantar fascia unloading and mobilization
2:30 Break
2:45 Clinical Integration & Advanced Concepts
*Linking regions via fascial lines (superficial back line, spiral line, lateral line)
*Combining manipulation with therapeutic exercise
*Case-based reasoning: headaches, chronic LBP, post-surgical scarring
3:45 Lab: Global Fascial Release & Whole-Body Integration
*Sequenced fascial release strategies
*Partnered assessment → intervention → reassessment practice
4:45 Skill check
*Q/A
*COURSE EVALUATION
5:00 Adjourn

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