



For More Information:

Phone: 419-969-6099

E-mail: info@glseminars.com

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given within 2 weeks (14 calendar days) of the seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of a cancellation, Great Lakes Seminars will not be responsible for any charges incurred by the registrant other than the course cost.

This course is also available as a private course for your staff. Please visit www.glseminars.com for more details.

2025 Course Schedule

- March 15-16, 2025 - Toledo, OH or Live Hybrid
- October 11-12, 2025 - Philadelphia, PA

Please check our website for the most updated schedule: www.glseminars.com



Myofascial Release: Functional Integration

2025



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques
with confidence

Passionate Instructors
Learn from specialized
instructors who truly care

The GLS Experience
Be part of a fun weekend
that will fly by

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Myofascial Release: Functional Integration

Course Objectives

At the completion of the seminar, the participant will be able to:

- State at least 3 of the underlying principles of MFR and be able to apply them to a patient in a treatment setting
- Demonstrate proper technique for hand placement and level of force for Releasing With Movement of 5 different tissues
- Demonstrate proper technique for therapist positioning and patient positioning for 5 different techniques/body parts
- Demonstrate proper technique for Releasing With Movement for 5 different techniques/body parts
- Independently discuss how myofascial release can impact each of the three treated systems to produce a clinically meaningful outcome

Christina Gilson, DPT, MPT, CIMT

Christina graduated Summa Cum Laude with a Bachelor's Degree in Biology from the Richard Stockton College of NJ in 2000. She went on to earn her Masters of Physical Therapy degree in 2002, receiving the program's first Award for Clinical Excellence as well as the College's Award of Distinction. She then returned to Stockton to receive her transitional Doctorate of Physical Therapy in 2009. Since graduating in 2002, Christina has practiced in a number of settings including acute care, inpatient rehabilitation, home care, and is currently practicing in outpatient orthopedics where she works full time as a Clinical Director and PT.

Her clinical focus throughout her career has been orthopedics, where she is able to utilize manual therapy techniques to connect with her patients, improve functional mobility, and restore movement, allowing her patients to return to their goals, no matter how big or small.

Course Outline

Saturday

- 7:30am Doors Open
8:00am Lecture: New definition of fascia and its effect on treatment, roles of fascia
10:00am Lecture: Anatomy of fascia, biomechanics of fascia and the body, concept of releasing with movement
12:00pm Lunch (on your own)
1:00pm Lab: Releasing With Movement: Cervical muscles, thoracic myofascial structures
2:00pm Lab: Releasing With Movement: Scapula and posterior shoulder myofascial structures
3:00pm Lab: Releasing with Movement: Anterior shoulder, upper arm, lower arm myofascial structures
5:00pm Review of evidence-based literature
5:30pm Adjourn

Sunday

- 7:30am Doors Open
8:00am Lab: Releasing with movement: Lower thoracic, lumbar, anterior & posterior pelvis myofascial structures
12:00pm Lunch (on your own)
1:00pm Lab: Releasing with Movement: Anterior & posterior hip, anterior and posterior thigh myofascial structures
3:00pm Lab: Releasing with Movement: Posterior lower leg and plantar foot myofascial structures
4:30pm Case studies
5:00pm Adjourn

Continuing Education

Our courses are submitted for continuing education approval in the state in which they are held. Please check www.glseminars.com to ensure that the course you are planning to attend is approved in your state. Certificates of completion with the number of course hours will be emailed to attendees after the completion of each course.

REGISTER TODAY!

Register online at www.glseminars.com or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH 43617.

Name _____

Address _____

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Discipline _____ Fax _____

Course Location: _____

Course Date: _____

Course Fee: \$650

Check Payable to: Great Lakes Seminars

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____

“ All of the hands on work was phenomenal and the instructor made sure that we all understood. ”

- Lincoln, NE