

## For More Information

 419-969-6099

 info@glseminars.com

 www.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 course.

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.

## Instructor

**Christina Gilson**  
**DPT, MPT, CIMT**

Christina earned her Bachelor's in Biology from Richard Stockton College of NJ, graduating Summa Cum Laude, and completed her Master's in Physical Therapy in 2002, receiving awards for Clinical Excellence and Distinction. She later earned her transitional Doctorate of Physical Therapy and now practices in outpatient orthopedics as a Clinical Director. A CIMT since 2014 and GLS assistant instructor since 2015, Christina specializes in orthopedic manual therapy and believes the foundation of effective care is truly listening to the patient.

## 2026 Course Schedule

- January 10-11, 2026 - Toledo, OH or Live Hybrid
- February 21-22, 2026 - Annapolis, MD
- May 2-3, 2026 - Lansing, MI
- August 29-30, 2026 - Crystal Lake, IL

Please check our website for the most updated schedule: [www.glseminars.com](http://www.glseminars.com)

Scan the QR code below to view the Myofascial Release: Functional Integration course page on our website!



**Interested in hosting this course at your facility?**

Bring our instructors to your clinic or organization for an exclusive training experience tailored to your team. Contact us for hosting details and availability.

# Myofascial Release: Functional Integration

## 2026



**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

# Myofascial Release: Functional Integration

## Course Description

Come learn an entirely new way to look at treating the soft-tissue system of the whole body! The focus of this course is to integrate myofascial release with movement. Through it, you'll learn the physiological basis for muscle hypertonicity and fascial restrictions to help diagnose and treat the myofascial system, while also incorporating the peripheral nervous system, fascial system, and muscular system. Treatment is comprised of direct muscle releases while lengthening and shortening muscles, allowing the dysfunctional motor units to immediately start to work again in functional movement patterns. After the course, you'll have the ability to effectively treat muscle and fascial restrictions to get ROM and strength gains, while helping pain subside quicker.

As with all our manual therapy courses, this course is at least 75% hands-on lab, and will give you skills you can use immediately upon returning to the clinic!

## Course Objectives

- 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

## Course Outline:

### Saturday

7:30am - Doors Open  
8:00am - Lecture: New definition of fascia, anatomy of fascia, roles of fascia concept of releasing with movement  
12:00pm - Lunch (on your own)  
1:00pm - Lab: Releasing with movement to the neck and upper back  
3:00pm - Lab: Releasing with movement to the arm  
5:00pm - Lab: Review of evidence-based literature  
5:30pm - Adjourn

### Sunday

7:30am - Doors Open  
8:00am - Lab: Releasing with movement – upper and lower quarters  
12:00pm - Lunch (on your own)  
1:00pm - Lab: Releasing with movement to the hip and thigh  
3:00pm - Lab: Releasing with movement to the lower leg and foot  
4:30pm - Lab: Review of evidence-based literature  
5:00pm - Adjourn

## Continuing Education

This course has been submitted for 16.5 continuing education hours in the state in which each course is held. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

## REGISTER TODAY!

Register online at [www.glseminars.com](http://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

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Name \_\_\_\_\_

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Address \_\_\_\_\_

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Phone \_\_\_\_\_

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E-mail \_\_\_\_\_

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Discipline \_\_\_\_\_

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State(s) Licensed In \_\_\_\_\_

Course Location: \_\_\_\_\_

Course Date: \_\_\_\_\_

Course Fee: \$650

Check Payable to: Great Lakes Seminars

VISA  MasterCard  AMEX  Discover

Credit Card Number

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Expiration Date (Month/Year)

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Security Code

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Billing Street Address

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Billing Zip Code