



School of Bodywork

Professional training in the heart of the city

A brief breakdown of techniques included in the 3 different levels of the MFR certificate.

This is predominantly a “hands on” course, training you, the therapist some invaluable techniques.

Foundation Level: Your chance to learn about fascia, and how 1 restriction can lead to another

- Invaluable hands on myo-fascial release techniques
- Skills can be immediately and easily incorporated into your current practice
- How to free up restrictions effectively and easily throughout the whole body
- The Cross Hand Release, the work horse of myofascial release techniques
- Both Direct (to include compressions) & Indirect techniques (to include cross hand release)
- An understanding of the physical and emotion component of injury – taking your skill set to the next level

Intermediate Level: Your chance to learn:

- Direct techniques
- Home care advice for the patient – this empowers you patient and leads to better results
- Self-treatment for the therapist – essential for longevity in the industry
- More advanced hands on techniques for:
 - Neck and shoulder (SCM, Scalenes, Levator Scapula, Trapezius, Subscapularis)
 - Hip & legs (gluteals, psoas, ITB, adductors)

Competent Level: your chance to learn osteopathic techniques to balance the pelvis and how the sacrum mirrors the occiput. Techniques applied to:

- Body Reading (postural observation) and discussion of which MFR technique may be appropriate to apply to any given area of the body in order to free up restrictions.
- Arm and leg pulls to work deep into the myo-fascial system to free up restrictions
- Pelvis
- Sacrum
- Cranium

To complete the Advanced Myofascial Diploma you will then need to attend a minimum of 5 days advanced days listed below.

Advanced days:

- Cranial and intraoral 1 day
- Spine sacrum and coccyx 2 days
- Rebounding x 1 day
- Scar tissue release x 2 days
- Unwinding x 2 days

Case studies: 6 people to be treated with pure MFR 4 times, to be written up and presented to examiner. Must include at least 1 patient to have their pelvis balanced as part of a series of treatment.

To be completed within 6 months of the exam day; although it is preferred if these can be presented on exam day.

MFR diary: keep a brief record of anyone you treat with MFR, initials, date, what did you learn? What might you do differently next time? How did they react? How did you feel? Minimum 60 entries.

Exam: The final exam: will consist of a 1hr 15 minute practical assessment to include postural observation and a relevant treatment plan, where you treat what you see by confidently applying of a variety of appropriate techniques.