

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

Martin Sytsema PT, MSPT, OMPT, FAAOMPT, CIMT

Martin earned his Master's in Physical Therapy from Central Michigan University and completed a two-year orthopedic manual therapy residency, becoming a Fellow of the AAOMPT in 2001. He uses a whole-person approach, incorporating muscle energy, myofascial release, and Applied Functional Science-based techniques. A former CMU Outstanding Alumni (2012) and past chair of the MPTA Reimbursement and Professional Standards committees, Martin is also a co-owner of i'move, a network of clinics in West Michigan.

Scott Braje PT, MPT, CIMT, CIDN

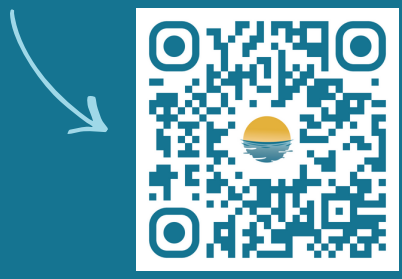
Scott earned his B.S. in Exercise and Sport Science from Colorado State University and his CSCS while training under the former NSCA president. He completed his Master's in Physical Therapy at Andrews University in 2000 and has worked in outpatient orthopedics ever since. A Great Lakes instructor since 2004, he uses a "test-treat-retest" approach and currently serves as Clinic Director at a multidisciplinary Pain and Wellness Center in Boston's North Shore.

2026 Course Schedule

- January 10-11, 2026 - Centerville, OH
- March 7-8, 2026 - Portland, OR
- April 11-12, 2026 - Toledo, OH or Live Hybrid
- April 25-26, 2026 - Miami, FL
- August 1-2, 2026 - Kansas City, MO

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

Scan the QR code below to view the An Orthopedic Approach to Myofascial Release course page on our website!



An Orthopedic Approach to Myofascial Release

2026



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.

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

An Orthopedic Approach to Myofascial Release

Course Description

In school, we learn a lot about joint mechanics. However, we don't learn much about all the soft tissues that make those joints move, and we certainly aren't exposed to how the soft tissue works together to enable our function. This course will help you to learn a clinically and anatomically based approach to myofascial release. We focus on how the muscle and fascia create dysfunction in the body, increasing stress and causing symptoms that become common diagnoses we treat every day. Come learn to integrate this effective tool into your daily treatment and expand the options you have to treat dysfunction!

Course Objectives

- Confidently describe and independently state the rationale for doing Myofascial Release and its specific effect
- Correctly demonstrate proper hand technique, grading of the level of touch, and the effects of a release
- Correctly describe the importance of fluid fascial movement in a 3 dimensional system, allowing for the physiologic system to have the ability to provide resilience to dysfunction
- Confidently describe the different layers of fascia and know when to treat each layer
- Confidently explain and independently state how specific myofascial restrictions in different parts of the body can create the orthopedic dysfunctions that we treat on a daily basis

Course Outline:

Saturday

- 7:30am - Doors Open
- 8:00am - Introduction to Myofascial Release
- 9:00am - Lecture: Overview of anatomy of the fascial system and its purpose
- 10:15am - Lecture: Introduction and review of specific release techniques
- 11:30am - Lab: Temporomandibular and neck
- 12:00pm - Lunch (on your own)
- 1:00pm - Lab: Shoulder
- 5:00pm - Lab: Review of evidence-based literature
- 5:30pm - Adjourn

Sunday

- 7:30am - Doors Open
- 8:00am - Lab: Lumbopelvic
- 10:15am - Lab: Knee, ankle and foot
- 12:00pm - Lunch (on your own)
- 1:00pm - Lab: Elbow, wrist and scars
- 3:45pm - Lab: Review
- 4:00pm - Lab: Application to specific clinical situations
- 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 or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH, 43617

Name _____

Address _____

Phone _____

E-mail _____

Discipline _____

State(s) Licensed In _____

Course Location: _____

Course Date: _____

Course Fee: \$650

Check Payable to: Great Lakes Seminars

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Credit Card Number

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____