

# Advanced Myofascial Training

## ~ Introduction to Using Tools Effectively ~

Are you interested in learning effective techniques to release restricted fascia through the use of tools? If so, then this added modality workshop is for you!

This class will introduce you to a variety of manual and electric tools with instruction on how to use them safely and effectively, while providing you with hands-on experience. You will learn the ability to release the fascia quickly which is helpful in avoiding over-use syndromes that are often experienced by practitioners. By using these modalities, you can save the wear and tear on your fingers, hands, wrists and shoulders which is paramount for longevity.



**Who Should Attend:** This class is beneficial for Massage Therapists, Physical Therapists, Athletic Trainers and Chiropractors.

### We Will Use:

**F.A.T. (fascial abrasion technique) tool:**

a tool with a textured surface which grips the tissue without excessive pressure.

**Vibracussor machine:** a variable speed machine which disrupts and relaxes the tissues.

**(RRT) Rapid Release Technique machine:**

a high speed vibration therapy tool designed to break down scar tissue and adhesions.

For more specific information you may go to the following websites: [rapidreleasetech.com](http://rapidreleasetech.com), [fat-tool.com](http://fat-tool.com) and [vibracussor.com](http://vibracussor.com)

## Next class to be announced



[www.marvinfinger.com](http://www.marvinfinger.com)

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