



TEERTHANKER MAHAVEER UNIVERSITY

DEPARTMENT OF PHYSIOTHERAPY

VALUE ADDED COURSES

(w.e.f. 2018-19)



Course Code: VBPHY401	Value Added Course B.P.T. 4th Year MYOFASCIAL RELEASE THERAPY	Hours: 18
Course Outcomes:	On completion of the course, the students will be :	
CO1	Understanding of fascia and its anatomy - physiology	
CO2	Application of various myofascial release techniques	
CO3	Evaluation of the fascial dysfunction & application of various techniques in various conditions	
Course Content		
Unit – 1:	Introduction to fascia, anatomy and physiology of fascia, causes of fascial dysfunction and release of fascia through myofascial release	3 Hours
Unit – 2:	Head & Neck – TMJ, medial pterygoids, lateral pterygoids, suboccipitals, scalenes, infrahyoids and suprahyoids. Shoulders – Pectoralis minor, serratus anterior, teres major and the rotator cuff – supraspinatus, infraspinatus, teres minor and subscapularis. Upper Arm & Elbow – Biceps brachii, brachialis, brachioradialis, triceps brachii, coracobrachialis and anconeus. Forearm, Wrist & Hand – Flexors and extensors of wrist & fingers, interosseous membrane, flexor & extensor retinaculum, wrist, hands and fingers.	4 Hours
Unit – 3:	Trunk – Transversospinalis, serratus posterior superior, serratus posterior inferior, intercostals, diaphragm and rib cage. Hips – Quadratus lumborum, deep hip rotators, psoas, iliacus, gracilis, sartorius, adductors and pectineus.	4 Hours
Unit – 4:	Upper Leg & Knee – Quadriceps, hamstrings, tensor fasciae latae, iliotibial band and knee. Lower Leg, Ankle & Foot – Gastrocnemius, soleus, tibialis anterior, peroneals, ankle, foot and toes	4 Hours
Unit – 5:	Application in various musculoskeletal conditions	3 Hours
Book:	The Myofascial Release Manual 4th Edition by Carol Manheim	

