



MOTION SPECIFIC RELEASE CERTIFICATION COURSE OUTLINE

www.motionspecificrelease.com

THREE-DAY CERTIFICATION COURSE: 20 HOURS OF CONTINUING EDUCATION HOURS

GENERAL FORMAT:

- Section overview, summary, contraindications.
 - Movie - overview of technique.
- Instructor demonstration in groups.
 - Hands on workshop.

DAY ONE: FRIDAY 8:00 AM – 5:00 PM

DAY ONE: REGISTRATION & BREAKFAST

7:00 – 8:00 AM Registration and Hot Breakfast

8:00 AM Session Begins / Introduction

DAY ONE: SECTION ONE – THE HIP

9:00 – 10:30 AM

1. Releasing the Gluteus Maximus
2. Releasing the Gluteus Medius
3. Mobilizing the Hip Joint
4. Releasing the Anterior Hip
5. Adductor Abdominal Connection

10:30 – 10-15 Minute break

DAY ONE: SECTION TWO – THE LOW BACK

10:45 AM – 12:00 Noon

1. A Soft Tissue Release While in Child's Pose (Facet and paraspinal mobilization)
2. Increasing Lumbopelvic Mobility
3. The Rectus Abdominus Release
4. Hip Flexor Release
5. Releasing the Iliopsoas Insertion
6. Releasing the Deep Paraspinals

12:00 Noon – Sign Out

12:00 – 1:00 PM – Lunch

Sign in before 1:00 PM

DAY ONE: SECTION THREE– SCIATIC NERVE, THORACIC REGION, AND CERVICAL REGION

1:00 – 3:00 PM

Sciatic Nerve, Tibial and Peroneal Nerve Release
1. Sciatic, Tibial, Peroneal Nerve Release

Thoracic Region

1. Diaphragmic Release
2. Releasing the Diaphragm
3. Upper Back Release
4. Releasing Tension in the Upper Back and Shoulders
5. The Serratus Anterior Release

Cervical Region

1. The Rooster Neck Release
2. Sub Occipital Hair Pull Release

3:30 PM – (10-15 Minute Break)

DAY ONE: SECTION FOUR – TEMPOROMANDIBULAR RELEASE

3:45-5:00 PM

1. 10 Point TMJ Protocol

5:00 PM – Sign Out

DAY TWO: SATURDAY 8:00 AM – 5:00 PM

DAY TWO: SIGN-IN & BREAKFAST

7:00 – 8:00 AM Registration and Hot Breakfast

8:00 AM Session Begins / Introduction

DAY TWO: SECTION 1— SHOULDER & ELBOW

8:00 - 10:30 AM

Shoulder Region

1. Releasing Restrictions in the Pectoralis Muscles
2. The Subscapularis Release
3. Increasing Scapular Mobility
4. Increasing internal and external Shoulder Rotation
5. Shoulder Tensegrity

Elbow Region

1. Golfer's Elbow Kinetic Chain Release
2. Releasing the Lateral Epicondyle
3. Releasing the Supinator Muscle
4. Increasing Elbow Mobility

10:30 – 10-15 Minute Break

DAY TWO: SECTION 2— HAND AND WRIST

10:40 AM – 12:00 Noon

Hand and Wrist Region

1. Releasing the Hands
2. Increase Your Hand Dexterity

3. Releasing the Median, Radial & Ulnar Nerves

12:00 Noon– Sign Out

12:00 Noon to 1:00 PM – Lunch

DAY TWO: SECTION 2— HAND AND WRIST

1:00- 3:30 PM

Treating Knee Injuries

1. The Hamstring Release
2. Releasing the Medial Meniscus
3. A Plié Squat Release of the Quadriceps
4. The Popliteal Squat Release

Resolving Lower Leg Issues

1. Releasing the Medial Shins
2. Releasing Calf Muscle Tension

3:30 – (10-15 Minute Break)

DAY TWO: SECTION 2— HAND AND WRIST

3:45-5:00 PM

Treating Foot and Ankle Injuries

1. Foot & Ankle Mobility Exercise with Treatment
2. Increasing Dorsi Flexion

5:00 PM – Sign Out

DAY TWO: SATURDAY 8:00 AM – 5:00 PM

DAY THREE: SIGN-IN & BREAKFAST

7:00 – 8:00 AM Registration and Hot Breakfast

8:00 AM Session Begins / Introduction

DAY THREE: SECTION 1 – POSTERIOR LINE, LATERAL LINE, SPIRAL LINE

8:00 -10:30 AM

1. Releasing The Posterior Line
2. Releasing The Lateral Side of the Body
3. Releasing the Spiral Line

10:30 AM – Ten Minute Break

DAY THREE: SECTION 2 – DEEP FRONT LINE, DORSAL SLING

10:40 AM – 12:00 Noon

1. Releasing the Deep Front Line
2. Releasing the Dorsal Sling

DAY THREE: SECTION 3 – CERTIFICATION TESTING

1:00-5:00 PM

This is an optional test for those who wish to become MSR Certified Practitioners. During this test, you will be asked to complete:

- Any four random protocols and one line
- You will be tested on:
 - Functional Anatomy.
 - Kinetic Chain relationships.
 - A fascial expansion.
 - MSR Techniques
 - Each section worth 10 point.
- MSR Certification is only assigned to those who pass with 84% or above.
- All students will receive credit for 20 hours of continuing education hours.