

Fascial Release for Structural Balance Series: Shoulders and Arms

The Fascial Release for Structural Balance (FRSB) is a set of intensive soft-tissue technique courses – based on the book of the same name – divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results, and using the latest research on the interaction between skeleton, muscles, joints, and fascial proprioceptors, this series of workshops will take you to a new level in therapy.

Designed with the busy therapist in mind, each FRSB event gives you a new understanding of the relevant area. The content will outline how the structural and functional anatomy relates to many common issues as well as to the rest of the body. Based on many new and established approaches the Fascial Release for Structural Balance will give you the skills in palpation, BodyReading and functional analysis needed for the modern multidisciplinary therapist.

PreRequisite: *Must have attended the Anatomy Trains in Structure & Function Workshop Shoulders and Arms*

In this driving day and computer age, the arms get unique usage these days. This course travels from the shoulder to the hand on the Arm Lines, giving techniques for every station along the way.

These include:

Releases for each joint of the shoulder

Soft-tissue techniques for shoulder muscles

Elbow and upper arm muscle releases

Lower arm extensor, flexor, radial, and ulnar releases

Wrist and hand work

The FRSB workshops are most easily absorbed in the order outlined below but you can do them in any order as time permits.

- 1. Arches and the Legs – 3 days**
- 2. Fans of the Hip – 2 ½ days**
- 3. Abdomen, Chest and Breath – 2 ½ days**
- 4. Tensegrity Spine – 2 ½ days**
- 5. Shoulders & Arms – 2 ½ days**
- 6. Head, Neck & Jaw – 2 days**