



**Acquired
Brain Injury
Network**

November 3-4, 2008
Hilton Toronto • Toronto

Conference Presentation Abstract ~ Workshop

Date/Time/Room: Tuesday, November 4, 2008 1:55 pm – 2:40 pm Tom Thomson

Abstract ID: 8c

Title:

Integrating Myofascial Release in the Treatment of Upper Extremity and Hand Impairments Due to ABI

Authors:

Anna Greenblatt, OT Reg. (Ont.), Inter-Action Rehabilitation Inc.
Nancy Katsouras, OT Reg. (Ont.), Inter-Action Rehabilitation Inc.

Presenters:

Anna Greenblatt, OT Reg. (Ont.), Occupational Therapist/Owner, Inter-Action Rehabilitation Inc.
Nancy Katsouras, OT Reg. (Ont.), Occupational Therapist/Owner, Inter-Action Rehabilitation Inc.

Summary:

Myofascial release has been used in therapy by the authors starting in the late 1980's with people with acquired brain injuries, firstly to prepare the body physically to better receive input for improved motor performance. This application was then extended specifically to facilitate improved motor function in the slow stream upper extremity and hand. Through an interactive lab, we will introduce you to the myofascial system, and guide you through some hands on exercises to get the "feel" of myofascial release. We will conclude with a discussion on how this technique is integrated into therapy addressing the upper extremity and hand, utilizing a case presentation.

Outcomes/Objectives:

Understand what myofascial release is, and

Understand how this technique can be used in upper extremity neuro rehabilitation.