



# Foundations in Manual Therapy: Voice and Swallowing Disorders Hands-On Online Course — GUEST BLOG POST

By [Walt Fritz, PT](#) / November 17, 2020

Since 2013, when I presented my first hands-on seminar exclusively designed for the SLP's needs and interests, this course has grown and matured. With each seminar's presentation, the content has become more tuned to your specific needs and patient populations. However, like a lot of things in our world, COVID-19 has changed our plans. As such, I've put together an online course that completely aligns with the in-person seminar. Eight-hours in length, this ASHA CEU approved course moves you through the evidence used to support this work, both from the framework of the patient-centered model of evaluation and treatment, as well as evidence to support the hands-on work itself. We then move through the body, including the diaphragm region, upper chest/ribcage, laryngeal/hyoid region, sublingual region, and finally, the tongue and mouth region.

I held a special live seminar (with COVID-19 precautions) to film the lecture, demonstrations, and hands-on lab experiences. This footage, combined with studio video, builds a model that I feel is suitable for learning hands-on intervention. While the full 14.5-hour in-person seminar might provide the optimal learning experience, this online course allows you to begin learning and using this work immediately. Included in the course is a \$50 discount coupon to attend the live, in-person class when seminars resume. Included in the course is a full research bibliography and inclusion into the post-seminar Facebook group for seminar attendees. In this group, you'll have a chance to compare experiences with clinicians who have taken the seminar in the past and exchange questions and feedback.

Manual therapy comes in many different forms and brands, all of which seem to have their science and specific narratives used to support their work. Be it more aggressive, muscle-based work, or lighter brands of various lineage; all manual therapy shares similar perspectives. The approach I teach and use is one that relies on slow, near static stretching. While this style is not superior to any other form of manual therapy, I see longer engagement times as having potential benefits from understanding patient perceptions and awareness. We go into these and many other online course concepts, which mixes some heavy science with some great hands-on learning. My model utilizes shared decision-making (SDM) in all aspects of the work, which, for many, takes some adjustment time. However, with SDM becoming more of the norm in many facets of healthcare, it is time to be included in manual therapy interventions.

I welcome questions or comments through a message from the website or on social media. You can find out more about this course in particular, or my approach to manual therapy for the SLP in general, at [www.WaltFritz.com](http://www.WaltFritz.com).

Cheers,

Walt Fritz, PT



Walt Fritz, is a physical therapist in the Rochester, NY area who has been using manual therapy as a primary intervention since 1992. He has been an educator since 1995, and his work has evolved from “myofascial release” into a more accurate term: “manual therapy.” He teaches his [Foundations in Manual Therapy: Voice and Swallowing Disorders](#) seminars to a variety of health professionals, including SLPs, across the globe. He now has an online forum for CEUs. You can learn more about his work through articles and videos, along with viewing his introductory and advanced seminars at [www.waltfritz.com](http://www.waltfritz.com).

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