



Dual Zone Myofascial Release™ (DZMR) methodology was created in 2013 by Nelson Chong, the founder of Functional Training Institute Singapore since 2009. Together with his unique invention of the Dual Zone Therapy Balls and superbly integrated corrective exercises, countless individuals including doctors who previously suffered from all kinds of chronic musculoskeletal injury have achieved a pain-free active life today.

In this full day 8 hours certification course, you will learn and apply highly innovative solutions for:

## 1. Movement Dysfunction Screening™ (2 hours)

- a. Upper Limb – Neck, Shoulder, Chest
- b. Lower Limb – Hip, Knee, Ankle
- c. Spine – Lumbar, Thoracic



More than a dozen of simple yet powerful techniques will be taught to identify the source of different musculoskeletal issues such as migraine, headache, stiff neck, rotator cuff injury, frozen shoulder, chest pain, tingling arm, tingling fingers, elbow pain, loss of grip strength, back pain, sciatica impingement, slipped disc, bulging disc, herniated disc, SI joint pain, scoliosis, hip pain, thigh pain, knee pain, ITB syndrome, ankle pain, shin pain, heel pain, plantar fasciitis, calf pain & numbness in toes, etc.

## 2. Myofascial Trigger Point Release Methodologies (4 hours)

- a. History of Myofascial Trigger Point Release (MTPR)
- b. Untold risks and injuries from other MTPR methodologies
- c. Reasons why people stop using other MTPR products
- d. Single Zone Myofascial Release™ methodologies - horizontally, vertically
- e. Dual Zone Myofascial Release™ methodologies - anteriorly, posteriorly, laterally
- f. Triple Zone Myofascial Release™ methodologies - tri-planar
- g. Precise Body Positions - CPR Recovery, Sleeping Buddha, Star Gazing, Squat, Prone, Sole Mate



Safety, comfort, speed, portability, durability, versatility and results are the main reasons why Dual Zone Myofascial Release™ (DZMR) ambassadors are growing around the world. Experience the magical feeling of pain-free movement in just 2 minutes through the sound application of DZMR™ methodologies and Therapy Balls with precision-engineered body positions that targets 2 body parts simultaneously, releasing both superficial and deep muscles altogether, treating all musculoskeletal pain in the most brilliant way. Be empowered to heal yourself and your loved ones with our comprehensive e-learning videos after the workshop.

## 3. Rehab+Functional Training (2 hours)

- a. Upper Limb – scapula winging, lurching shoulder, droopy shoulder, hypermobile shoulder
- b. Lower Limb – trendelenburg, valgus knee, pronated feet
- c. Spine – hypolordosis & hyperlordotic lumbar spine, hyperkyphotic thoracic spine, scoliotic spine

The ultimate success formula for addressing any movement dysfunction body from chronic musculoskeletal pain is reprogramming it with smart movement solutions that integrate the shoulder, trunk, hip to regain control over stability, mobility and proprioception for optimal movement immediately right after an effective myofascial trigger point release session. Fast proven solutions using rehab+functional training will be taught to restore pain-free function of the upper limb, lower limb & spine again.