

**Course Title:** CTM Band Functional Myofascial Release Technique

**Date:** On-demand, then will transition into webinar and live format post-Covid.

**Instructor:** Kyle Bowling, DC

**Hours:** 3 credit hours

**Program Description:**

Training and certification in utilizing the CTM Band as an in-office manual therapy modality.

**Program Goals and Objectives:**

1. Review and understand the current research on the relationship between our layers of fascia and muscle, as well as their role in recovery from exercise and injury.
2. Introduction to the CTM Band
  - a. Its function and role in recovery and injury prevention
  - b. How to safely and effectively use the band
  - c. How to care for and prepare the band for application and treatment
3. Demonstrate and practice how to use the CTM Band on various areas of the body.

**Program Topics:** Rehabilitation

**Format:** Powerpoint, Lecture Video, Hands-on training

**Outline:**

Hour 1

- Introduction of the instructor and liability information
- Goals, outcomes, and outline of the course
- Identify and review the equipment we will be utilizing during the course
- Discuss the benefits of using the equipment and technique
- Review the anatomy of fascia, muscles, and neighboring connective tissue
- Review the physiology of these structures and demonstrate their roles in movement (showing MSK ultrasound and current literature)
- Discuss injury mechanisms of these structures and terminology used for patient education

Hour 2

- Outline other studies done on myofascial release and soft tissue recovery
- Contraindications for using CTM Band Therapy
- How to properly clean and care for the tools in between patient visits
- How to communicate with the patient on what to expect with treatment
- Other safety measures for consideration with equipment application

### Hour 3

- The screening process for identification of when and where to treat
- Cover the types of band applications (open chain, closed chain, functional movement)
- How to progress treatment and applications based on the needs and goals of each patient
- How to monitor improvement post treatment
- Lower extremity applications: plantar fascia, foot, ankle
- Lower extremity applications: shin, achilles, calf, knee
- Lower extremity applications: quadriceps, hamstring
- Upper extremity applications: hand, elbow
- Upper extremity applications: upper arm, bicep, tricep
- Upper extremity applications: shoulder, trapezius
- Contact information for instructor to contact with questions

### **References:**

[www.ctm.band](http://www.ctm.band) – for product/equipment information

Guimberteau JC, Delage JP, McGrouther DA, Wong JK. The microvacuolar system: how connective tissue sliding works. *J Hand Surg Eur Vol.* 2010 Oct;35(8):614-22. doi: 10.1177/1753193410374412. Epub 2010 Jun 22. PMID: 20571142.,

Comparative ultrasonographic evaluation of the achilles paratenon in symptomatic and asymptomatic subjects: an imaging study, Sara Condino September 2014, *IJAE Journal*, DOI: 10.13140/RG.2.2.15049.54882

Langevin, Helene M et al. "Reduced thoracolumbar fascia shear strain in human chronic low back pain." *BMC musculoskeletal disorders* vol. 12 203. 19 Sep. 2011, doi:10.1186/1471-2474-12-203

Pavan PG, Stecco A, Stern R, Stecco C. Painful connections: densification versus fibrosis of fascia. *Curr Pain Headache Rep.* 2014;18(8):441. doi: 10.1007/s11916-014-0441-4. PMID: 25063495.

Hanten WP, Olson SL, Butts NL, Nowicki AL. Effectiveness of a home program of ischemic pressure followed by sustained stretch for treatment of myofascial trigger points. *Phys Ther.* 2000 Oct;80(10):997-1003. PMID: 11002435.

Effects of Self-Myofascial Release: A Systematic Review, August 2015, *Journal of Bodywork and Movement Therapies* 19(4):747-758, DOI: 10.1016/j.jbmt.2015.08.007

Roman M, Chaudhry H, Bukiet B, Stecco A, Findley TW. Mathematical analysis of the flow of hyaluronic acid around fascia during manual therapy motions. *J Am Osteopath Assoc.* 2013 Aug;113(8):600-10. doi: 10.7556/jaoa.2013.021. PMID: 23918911.

# KYLE H. BOWLING, DC

2343 Valley Vista Rd. Louisville, KY 40205  
502.594.8326 □ KYLE@CTM.BAND

## EDUCATION

---

### **Doctorate of Chiropractic**

*Palmer College of Chiropractic Florida [1/07- 03/2010]*

### **Bachelor of Science: Exercise Physiology and Sports Medicine**

*University of Louisville [8/02-5/06]*

## WORK EXPERIENCE

---

### **CTM Therapy ([www.ctm.band](http://www.ctm.band))**

*Louisville, KY [11/2017-present]*

- Founder and CEO
- Created and patented a new type of myofascial release recovery tool, currently sold worldwide
- Operate all aspects of business from manufacturing to ecommerce

### **Kentucky Sports Chiropractic ([www.kentuckysportschiropractic.com](http://www.kentuckysportschiropractic.com))**

*Louisville, KY [8/2010-present]*

- Owner and operating physician of clinic
- Evidence-based chiropractic integrating joint and soft tissue mobilization to treat musculoskeletal disorders
- Created and developed telehealth program that was utilized by patients worldwide

### **University of Louisville**

*Louisville, KY [8/2019-8/2020]*

- Adjunct professor of Anatomy and Physiology within Health and Sport Sciences Department
- Oversaw transition of large in-person lecture classes to online format during Covid-19 response

### **Churchill Downs, Inc**

*Louisville, KY [5/2015- 5/2017]*

- On site chiropractor for the Jockeys
- Assist in diagnosing and treating musculoskeletal injuries incurred during racing and training

### **Jefferson Community and Technical College**

*Louisville, KY [8/2010-7/2011]*

- Adjunct Professor of Anatomy and Physiology I and II

INTERNSHIP EXPERIENCE

---

**The Spine and Neuromuscular Associates of Southeast Indiana**

*Lawrenceburg, IN [1/10- 3/10]*

- Learn the daily functions of multi-disciplinary healthcare clinic
- Shadow and collaborate with chiropractors, physical therapists, osteopaths, and medical doctors

SEMINARS, ACTIVITIES, AND HONORS

---

- Active Release Technique: Full Body Certification
- SFMA Certified: Selective Functional Movement Assessment
- FAKTR Certified: Functional and Kinetic Treatment with Rehab
- Motion Palpation Institute: Cervico-Thoracic Motion Assessment and Treatment
- Graston Technique: Level One
- Dry Needle Institute Certified
- Palmer College of Chiropractic Florida Dean's List [Fall 2009]
- University of Louisville Athletic Director Honor Roll [Spring 03]
- University of Louisville Track and Field Team [Fall 02-Spring 05]
- University of Louisville Cross Country Team [Fall 02-Spring 05]
- Boston Marathon Finisher [2015, 2016, 2017]