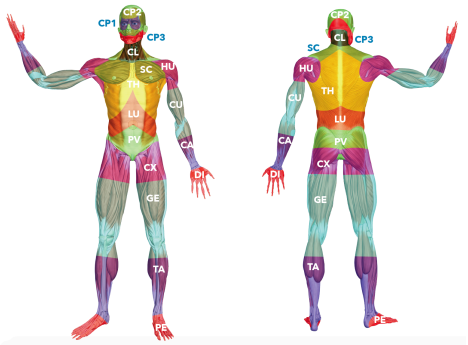
Fascial Manipulation® (FM) Series



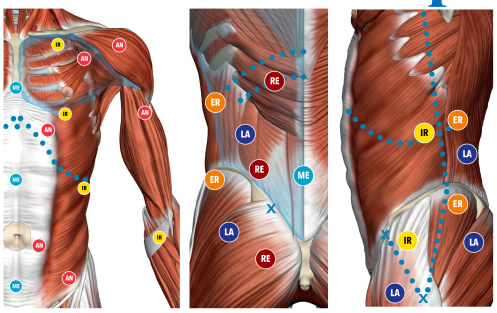
The Fascial Manipulation® (FM) program consists of three levels of intensive hands-on courses. It combines theoretical lectures, demonstrations and practice between participants throughout each course day. A Fascial Manipulation® Certification examination is given at the conclusion of the program

Participants will learn to evaluate musculoskeletal and internal dysfunctions with specific reference to the human fascial system, and to apply the Fascial Manipulation® method as taught by Luigi Stecco. Lectures include the anatomy and physiology of the fascial system, an explanation of the biomechanical model used in application of this technique, and the anatomical localization of key fascial points. Emphasis will be placed on the evaluation of musculoskeletal and internal dysfunctions (from history taking, to a hypothesis, to a verification and treatment) together with a methodology and strategy for treatment.

This course series consists of three levels. Each level is divided into two parts, FM-1a and 1b, FM-2a and 2b, FM-3a and 3b. Successful completion of FM Level 1 is required before being able to attend the FM Level 2 course. FM Level 2 is required to attend the Level 3 course. It is strongly suggested that students sign up to take both Level 1 and 2. Completion of the FM Level 1 does provide clinical proficiency for a wide range of common dysfunctions. Between each part of the levels there is a 4-6 time span to give participants adequate time to practice the newly acquired assessment and treatment techniques. It is suggested that students attend additional Master Class courses after completing level 2 (FM-MC2) and level III (FM-MC3). Attending a Master class is not required for the Fascial Manipulation® Certification examination

The Fascial Manipulation® course series is intended for physical therapists, osteopaths, chiropractors, medical doctors, trainers and other licensed health care practitioners with a good working knowledge of musculoskeletal anatomy, physiology and biomechanics. Health care practitioners with a minimum of three years of post-high school education may be eligible but need to contact us prior to registering to review their eligibility.

FM-1: Level 1 Fascial Manipulation®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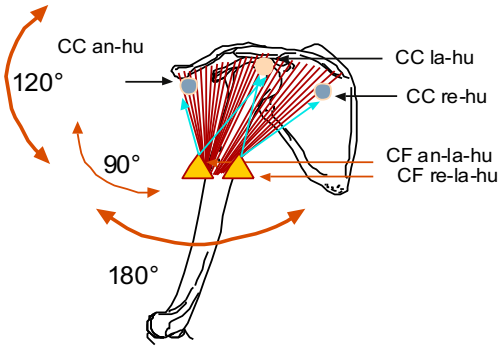
FM-2: Level 2 Fascial Manipulation®



In the Level 2 Fascial Manipulation® course (FM-2), participants expand on their understanding of the biomechanical model to treat patients with multi-segmental dysfunctions more efficiently. This course consists of two three-days sessions that need to be taken within 6-12 weeks of each other to assure a good understanding. As part of the learning process, Level 2 students will be required to present assessment charts of cases treated after Level 1 for discussion.

Course FM-2a will focus on the role of Centers of Fusion as part of the biomechanical model and the formation of Myofascial Diagonals. Elements of comparative anatomy studies will be introduced to assist the evaluation of adaptive compensations within the fascial system. The involvement of fascia in motor control will discussed and the assessment chart used in Fascial Manipulation® will be updated with new elements.

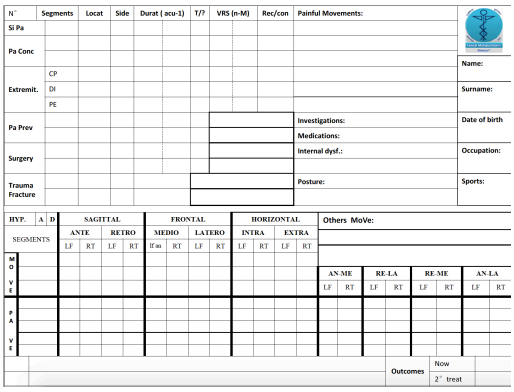
Course FM-2b will introduce the Myofascial Spirals to complete the understanding of complex movement patterns and mechanisms and the latest fascial research projects will be presented. Numerous treatment demonstrations and practice will highlight this course as comparative assessment of Centers of Coordination and Centers of Fusion, Assessment Chart analysis, clinical reasoning, hands-on skills, and treatment strategies will be emphasized.

Learning Objectives Level II:

At the conclusion of the course, the participant should be able to:

- Understand the role of retinacula in proprioception and pain. (Knowledge)
- Differentiate between spiral and diagonal motor disorders based on the assessment process. (Analysis)
- Define a correct treatment strategy to restore the biomechanics of the human body. (Synthesis)
- Evaluate the quality of the retinacula through palpatory verification and treat the appropriate points (Center of Fusions) by restoring the gliding of the retinacula. (Evaluation)

FM-MC2: Fascial Manipulation® MASTER CLASS 2



In the Fascial Manipulation® Master Class 2 (FM-MC2), participants will expand their skill to evaluate and treat complex patients with global dysfunctions more efficiently. This course consists of one three-days course. As part of the learning process, Master Class students will be required to present assessment charts of cases treated after Level 2 for discussion.

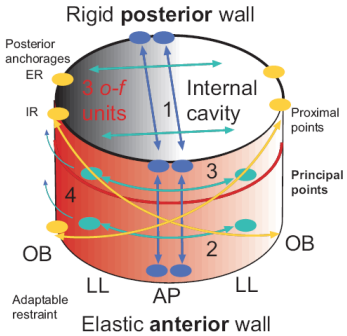
Practical part of comparative palpation will be introduced to assist the evaluation of patient dysfunctions. Numerous treatment demonstrations and practice will highlight this course in order to improve the ability of the participants to manage complex cases. Assessment chart analysis, clinical reasoning, hands-on skills, and treatment strategies will be emphasized.

Learning Objectives Master Class 2:

At the conclusion of the course, the participant should be able to:

- Understand the role of global fascial compensations in patient history. (Knowledge)
- Differentiate between ascending and descending compensations through interview and clinical reasoning. (Analysis)
- Define a correct treatment plan to restore the balance in the full body. (Synthesis)
- Evaluate the quality of segmental and global movement verification in the affected body segments to identify silent points responsible of chronic symptoms in the patient. (Evaluation)

FM-3: Level 3 Fascial Manipulation®



In the Level 3 Fascial Manipulation® (FM-3) course, participants expand on their understanding of the internal dysfunctions and alteration of the superficial fascia.
This course consists of one four-days and one three-days course that need to be taken within 10-18 weeks of each other to assure a good understanding.

Course FM-3a will focus on the Tensile structure, Apparatus-fascial sequences and catenaries. Tensile structures extend over body cavities guaranteeing the patency of their internal space, which allows both motility and mobility of the organs contained within. A tensile structures can be altered due to densification of the external fasciae, due to a problem within the musculoskeletal system, or due to an internal organ dysfunction that reflects its tension onto the container (wall of abdominal canister) via its fasciae.

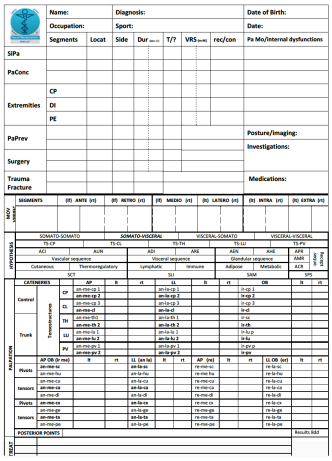
Course FM-3b will introduce the **Quadrants** and the **Systems**.
Anatomical divisions of the superficial fascia form a quadrant. These divisions, both in horizontal and longitudinal directions, are due to thickenings of the retinacula cutis that are adhesive to the deep fascia. The area of a quadrant usually corresponds to the distribution of the cutaneous nerves and angiosomes. Within each quadrant, there are all the three superficial components of the systems: receptors, lymphatic vessels and adipose cells

Learning Objectives: Level III

At the conclusion of the course, the participant should be able to:

- List the types of human internal fascia and understand the role of internal fascia in visceral pain. (Knowledge)
- Differentiate between somato-visceral and viscero-somatic type pain and assess the proper body tensostructures. (Analysis)
- Develop effective treatment for internal pain and visceral dysfunction and superficial fascia alteration. (Synthesis)
- Evaluate the quality of the internal fascia and superficial fascia through a specific palpatory verification resolving the tissue stiffness. (Evaluation)

FM-MC3: Fascial Manipulation® MASTER CLASS 3



In the Fascial Manipulation® Master Class 3 (FM-MC3), participants will expand their skill to evaluate and treat patients with symptoms of both musculoskeletal and internal dysfunction. This course consists of one three-day session. As part of the learning process, Master Class students will be required to present Assessment Charts of cases treated after Level 3 for discussion.

Numerous treatment demonstrations and practice will highlight this course in order to improve the ability of the participants to asses and treat apparatus and system dysfunctions. Assessment Chart analysis, clinical reasoning, hands-on skills, and treatment strategies will be emphasized. Short cuts will be presented and discuss to facilitate and shortened the evaluation and treatment process.

Learning Objectives Master Class 3:

At the conclusion of the course, the participant should be able to:

- Understand the role of internal fascia in chronic disorders not due to trauma and overuse. (Knowledge)
- Classify superficial and deep fascial dysfunction in chronic patients. (Analysis)
- Define the correct clinical approach in complex patients with internal disorders. (Synthesis)
- Evaluate by palpation the different points and quadrants to speed the assessment process and shorten the treatment time. (Evaluation)

FREQUENT Q&A:

Can you give an example of how Fascial Manipulation works?

Tough question to answer in short form. Here are some general points:

1. A thorough case history emphasizing past, concurrent and present complaints is necessary. It is important to evaluate and treat older injuries since the current complaint may be compensatory.

2. Functionally evaluate areas of complaint (active, passive, resistive) to determine which areas require treatment.

3. Decide what fascial plane or planes appear to be most involved.

4. Palpate FM points that relate to your painful movements for densification, tenderness and referral pattern (referred pain may occur after a few minutes of manipulation).

5. Decide which plane will be treated based on the most involved points. Also, palpate antagonists of plane or planes we decide to treat.

6. After treating each point that was related to a painful functional test, do a post-check to see if the painful movement was relieved.

Fascial Manipulation® assessment and treatment

Assessment of the presenting problems is very important and may consist of several parts:

- history taking to understand the unique set of circumstances that patient's body may have experienced throughout their life.
- movement tests to understand how their body parts move in relation to each other.
- testing of muscles and joints for strength and range of motion.
- manual palpation of very specific regions of the body in order to determine the location of fascial alterations which may be involved with their problem

Pre-treatment and post-treatment assessments give us subjective (what you feel) and objective (what we measure) verifications of the outcome of treatment.

Treatment consists of deep tissue manipulation of very specific and focused areas of the deep fascia where muscular forces converge in order to move body parts in specific directions or in complex patterns. Some are located in the muscles themselves, others around the tendons, ligaments and joints. Treatment may be targeted at a single area of the body or it may be necessary to treat several areas in order to achieve balance within the system.

Why is the treatment sometimes painful?

The areas that are manipulated during treatment, where the fascia is "stuck", contain the very same kind of nerve endings that were described earlier - including free nerve endings that transmit pain signals. When we find a densification, we compress the tissues enveloping it and move back and forth to create friction, heat and gliding. This helps to change to consistency of the chemical substances within the fascia that are responsible for its gliding characteristics from a sticky glue-like state to a fluid lubricating state – thus restoring freedom of movement between the layers of fascia. As this freedom of movement is restored, the pain transmitting nerve fibers become unrestricted and quit sending nociceptive (pain) signals to the nervous system.

A mild inflammatory state occurs after manipulation. This is a normal part of the healing process and is necessary for the body to bring in various substances and specialized cells to clean up, nourish and rebuild the injured loose connective tissue and collagen fibers that make up the fascia.

It is important to avoid strenuous activity after a treatment, although most patients experience a great deal of relief immediately afterward and want to get back to curtailed activities as soon as possible. Mild exercise is fine – we want to move the affected structures to aid in restoration of normal movement – but too much may complicate recovery.

Why do we often work far from the region of the symptoms?

Sometimes the area of treatment is distant from the area of pain, discomfort or disability. The reason for this is that the fascia forms a very intricate network throughout the body and each area of the body is connected in some way to every other area. We want to find and treat the root cause of an ailment - not the symptoms related to it. The symptoms are merely the feedback systems of the body letting us know something is wrong. Treating a symptom without addressing its root cause may leave underlying problems undetected, which could allow recurrence of the problem or other future complications.

Wrapping it all up…..

The uniqueness of Fascial Manipulation® is that we are looking at the body as a whole, not just "where it hurts" or where the problems appear to be. Most of the time, fascial

alterations away from the affected painful area are the actual cause of the problem. In most cases, we are able to treat acutely painful conditions and not even touch the area that hurts. In other words, the fascial structures in other areas may be causing abnormal (or unbalanced) pull or stress on the muscles, joints or nerves that cause you to feel pain, limited movement or even altered sensations in a different part of your body. Your therapist or doctor may be testing and treating areas that you might think have nothing to do with your problem, but since the body is one complex and complete unit, it is very important to assess all aspects of the workings of the body in an effort to achieve balance and allow the body to do the job of healing itself more accurately.

For more information, including how to find a qualified Fascial Manipulation® practitioner in your area, please visit the official website

www.fascialmanipulation.com/en/

www.fascialmanipulation-stecco.com

Fascial Manipulation Institute by Stecco

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