**Program Workshop Fascial Manipulation®**

Dr. Antonio Stecco M.D.

**Organisatie:** Frank Timmermans
Uplands Physio Clinic - 115-166 Power Street - Penticton BC V2A 5W9 – Canada - 12507703235

**Doel:** Het presenteren van een recente update van anatomische en histologische ‘fascia’ studies met een uitleg en demonstratie van het biomechanisch model zoals toegepast binnen de Fascial Manipulation® techniek.

**Doelgroep:** fysiotherapeuten, manueel therapeuten en artsen.

**Prijs:** 150 euro.

**Aantal cursisten:** minimaal 20 en maximaal 40.

**Didactische werkwijze:** theorie (2.5 uur) en demonstratie van praktijk (1.5 uur).

**Aantal contacturen:** 4 – start om 8.30 uur en eindigt om 12.30 uur.

**Accreditatie:** wordt aangevraagd voor registers: algemeen, manueel therapie en sport.

**Aanmelden:** via uplandsphysio@shaw.ca o.v.v. ‘Workshop Stecco’.

**Regeling voor aan- en afmelding, betaling en annuleringsvoorwaarden:**
https://www.dryneedling.nl/pages/aanmelden/algemene-voorwaarden.php

**Workshop description**

The model represents a three dimensional interpretation of the fascial system. Its hypothetical foundations are fruit of more than thirty years of analysis of anatomical texts and clinical practice. More recently, dissections of unembalmed bodies have provided anatomical verification of numerous hypotheses including the fascial continuity between different body segments via myotendinous expansions and the possible distribution of tensional forces.

This workshop will also propose new studies concerning the histological characteristics of superficial and deep fasciae (fiber content, structural conformation, and innervation) and debate the role of deep fascia in proprioception.

The Fascial Manipulation® technique is based on the concept of myofascial units (mf units) united in myofascial sequences, and involves manual friction over specific points (called Centres of coordination and Centres of fusion) on the deep muscular fascia. This underlying rationale and the resultant analytical process guides the therapist in the combination of points to be treated and allows therapists to work at a distance from the site of pain, which is often inflamed due to non-physiological tension.

Musculoskeletal disorders commonly treated include low back pain; tendinitis, sprains, peripheral nerve compressions, and neck pain syndromes, whereas visceral dysfunctions can include gastritis, irritable colon syndrome, constipation, and dysmenorrhea.
Learning Objectives

Upon completion of this workshop, participants will:

1. Be familiar with an introduction of the fascia manipulation technique (15 min).
2. Become familiar with the terms: Biomechanical model, Myofascial Unit, Centre of Coordination, Centre of perception. Sequences, Management of posture, spatial planes Spirals, Centres of fusion, and Diagonals (30 min).
3. Have seen a demonstration of the Centre of Coordination of one segment (30 min).
4. Have seen an assessment process of plasticity and malleability of the fascia (10 min).
5. Become familiar with a ‘facial assessment’ chart and come to a hypothesis (10 min).
6. Become familiar with clinical reasoning leading to a trial of fascia manipulation (10 min).
7. Have seen a demonstration of a complete facial manipulation treatment (60 min).

Brief Speaker Bio

Dr. Antonio Stecco

Physiatrist, PhD.
Assistant Professor at Rusk Rehabilitation, New York University.
President of the Fascial Manipulation Association
Assistant to the President of the International Society of Physical Medicine and Rehabilitation (ISPRM) from 2012 to 2014.

Scientific activity devoted to the study the human fasciae from a macroscopical, histological and physiopathological point of view. He personally did over 100 cadaver dissections for research.

From 2007 he organizes and personally conducts courses about Fascial Manipulation® on all 5 continents - http://www.fascialmanipulation.com

Author of more than 40 in extensive papers about the fascia. Co-author of four books and co-author of different chapters of international books published by Elsevier.
Publications:

1. Branchini Mirco, Del Corso Massimiliano, Cotti Andrea, Diana Roberto, Cornale Luigi, Sudanese Alessandra. Inter and intra operator reliability of motor and palpatory evaluation in Fascial Manipulation®; JOSPT, under revision


