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
2. Simone Brandolini, Giacomo Lugaresi, Antonio Santagata, Andrea Ermolao, Marco Ermolao, Aurelie Marchand, Antonio Stecco. Sport Injury Prevention in individuals with Chronic Ankle Instability: Fascial Manipulation vs control group randomized controlled trial. J Bodyw Mov Ther. 2018 accepted.
3. Andrew Creighton, Antonio Stecco, Amy Whitelaw, Daniel Probst, Devyani Hunt. Fascial Manipulation Method as a Treatment for Pain, Atrophy and Skin Depigmentation after Pes Anserine Bursa Corticosteroid Injection; J Bodyw Mov Ther. 2018 accepted.
4. Yuan X, Zhou F, Zhang L, Zhang Z, Li J. Analgesic Effect of Extracorporeal Shock Wave Treatment Combined with Fascial Manipulation Theory for Adhesive Capsulitis of the Shoulder: A Retrospective Study. Biomed Res Int. 2018 Jan 18;2018:3450940.
5. Harper B, Jagger K, Aron A, Steinbeck L, Stecco A. A commentary review of the cost effectiveness of manual therapies for neck and low back pain. J Bodyw Mov Ther. 2017 Jul;21(3):684-691.
6. Pintucci M, Imamura M, Thibaut A, de Exel Nunes LM, Mayumi Nagato M, Hideko Seguchi Kaziyama H, Tomikawa Imamura S, Stecco A, Fregni F, Rizzo Battistella L. Evaluation of fascial manipulation in carpal tunnel syndrome: a pilot randomized clinical trial. Eur J Phys Rehabil Med. 2017 May 2.
7. Bhojan Kannabiran, Rispal Manimegalai, Ramasamy Nagarani Effectiveness of Fascial Manipulation on Pain, Grip Strength, and Functional Performance in Chronic Lateral Epicondylitis Patients; Orthopedic & Muscular System: Current Research April 15, 2017.
8. Successful treatment of rotator cuff tear using Fascial Manipulation® in a stroke patient; Marco Pintucci, Marcel Simis, Marta Imamura, Elisa Pratelli, Antonio Stecco, Levent Ozcakar, Linamara Rizzo Battistella. Journal of Bodywork & Movement Therapies 21 (2017) 653e657.
9. Rajasekar S, Marchand AM. Fascial Manipulation® for persistent knee pain following ACL and meniscus repair. J Bodyw Mov Ther. 2017 Apr;21(2):452-458.
10. Branchini M, Lopopolo F, Andreoli E, Loreti I, Marchand AM, Stecco A. Fascial Manipulation® for chronic aspecific low back pain: a single blinded randomized controlled trial. Version 2. F1000Res. 2015 Nov 3 [revised 2016 Jan 1];4:1208.
11. Kalichman L, Lachman H, Freilich N. Long-term impact of ankle sprains on postural control and fascial densification. J Bodyw Mov Ther. 2016 Oct;20(4):914-919.
12. Busato M, Quagliati C, Magri L, Filippi A, Sanna A, Branchini M, Marchand AM, Stecco A. Fascial Manipulation Associated With Standard Care Compared to Only Standard Postsurgical Care for Total Hip Arthroplasty: A Randomized Controlled Trial. PM R. 2016 Dec;8(12):1142-1150.
13. Mary K. Cowman, Tannin A. Schmidt, Preeti Raghavan, Antonio Stecco; Viscoelastic Properties of Hyaluronan in Physiological Conditions; F1000Research 2015, 4:622 Last updated: 25 AUG 2015.

14. Pratelli E., Pintucci M., Cultrera P., Baldini E., Stecco A., Petroncelli A., Pasquetti P. Conservative treatment of carpal tunnel syndrome: Comparison between laser therapy and fascial manipulation; J Bodyw Mov Ther. 2014 August 11.
15. Luomala, T., Pihlman, M., Heiskanen, J. and Stecco, C. Case study: Could ultrasound and elastography visualized densified areas inside the deep fascia? Journal of bodywork and movement therapies, 18(3), 2014;pp.462-468.
16. Vilma Ćosić, Julie Ann Day, Pietro Iogna, Antonio Stecco. Fascial Manipulation® method applied to Pubescent Postural Hyperkyphosis: a pilot study. J Bodyw Mov Ther. 01/2013.
17. Chaudhry H, Bukiet B, Roman M, Stecco A, Findley T. Squeeze film lubrication for non-Newtonian fluids with application to manual medicine. Biorheology. 2013;50(3-4):191-202.
18. 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.
19. Stecco A, Meneghini A, Stern R, Stecco C, Imamura M. Ultrasonography in myofascial neck pain: randomized clinical trial for diagnosis and follow-up. Surg Radiol Anat. 2013 Aug 23.
20. Guarda-Nardini L, Stecco A, Stecco C, Masiero S, Manfredini D. Myofascial Pain of Jaw Muscles: Comparison of Short-Term Effectiveness of Botulinum Toxin Injections and Fascial manipulation Tehnique. The Journal of Craniomandibular Practice, April 2012,Vol. 30, No. 2.
21. Day JA, Copetti L, Rucli G. From clinical experience to a model for the human fascial system. J Bodyw Mov Ther. 2012 Jul;16(3):372-80.
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27. Pedrelli A, Stecco C, Day JA. Treating patellar tendinopathy with Fascial Manipulation. J Bodyw Mov Ther. 2009 Jan;13(1):73-80.