



PROGRAM WORKSHOP FASCIAL MANIPULATION®:

Speaker: Dr Stecco Antonio M.D. University of Padova, Italy

	Introduction at the fascia manipulation technique.	10 min
	Biomechanical model <ul style="list-style-type: none"><input type="checkbox"/> Myofascial Unit, Centre of Coordination, Centre of perception.<input type="checkbox"/> Sequences, management of posture, spatial planes<input type="checkbox"/> Spirals, centres of fusion, diagonals.	30 min
	Questions	5 min
	Demostration of the CCs of one segment	30 min
	Assessment process <ul style="list-style-type: none"><input type="checkbox"/> Plasticity and malleability of the fascia<input type="checkbox"/> Clinical rationale and Assessment Chart<input type="checkbox"/> Data, Hypothesis, Verification, Treatment	30 hr
	Questions	5 min
	Demonstration of a treatment	1 hr
	Questions and Discussion concerning the Fascial Manipulation technique	10 min

Workshop description

This workshop will illustrate new studies of the gross and histological anatomy of the human fasciae, and explain the biomechanical model for the human fascial system currently applied in the manual technique known as Fascial Manipulation®. 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 (fibre 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 dysmenorrhoea.