

FASCIAL MANIPULATION®

Program 6 days Course Level I

Day 1°

08.30 - 9.00	Welcome and Introduction to Course	Presentation
9.00 - 11.00	Basic Principles of Fascial anatomy fascial layers and continuity, histology, innervation	Theory
11:00 - 11.15	Break	
11-15 - 13.00	Basic Principles of Fascial Manipulation Biomechanical model used in Fascial Manipulation® .	Theory
13.00 - 14.00	Lunch	
14.00 - 15.00	Sequence of antemotion: head and trunk Presentation, demonstration of centres of coordination, position of treatment	Practical
15.00 - 16.00	Sequence of antemotion: lower limb Presentation, demonstration of centres of coordination, position of treatment	Practical
16.00 - 16.15	Break	
16.15 - 18.00	Sequence of antemotion: upper limb Presentation, demonstration of centres of coordination, position of treatment	Practical

Day 2°

08.30 - 10.00	Physiology of the myofascial unit and mf sequences. Physiopathology of fascia	Theory
10.00 - 11.00	Sequence of retromotion: head and trunk Presentation, demonstration of centres of coordination, position of treatment	Practical
11:00 - 11.15	Break	
11.15 - 12.00	Sequence of retromotion: lower limb Presentation, demonstration of centres of coordination, position of treatment	Practical
12.00 - 13.00	Sequence of retromotion: upper limb Presentation, demonstration of centres of coordination, position of treatment	Practical
13.00 - 14.00	Lunch	

14.00 - 16.00	The Assessment Chart for Fascial Manipulation (from anamnesis to hypothesis – abbreviations; from hypothesis to treatment – procedure, verification)	Theory
16.00 - 16.15	Break	
16.15 - 18.00	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment. Questions	Demonstration and discussion

Day 3°

8.30 - 09.45	Manipulation of the Fascia - Treatment	Theory
09:45 - 11.00	Sequence of lateromotion: head and trunk Presentation, demonstration of centres of coordination, position of treatment	Practical
11:00 - 11.15	Break	
11.15 - 12.00	Sequence of lateromotion: lower limb Presentation, demonstration of centres of coordination, position of treatment	Practical
12.00 - 13.00	Sequences of lateromotion: upper limb Presentation, demonstration of centres of coordination, position of treatment	Practical
13.00 -14.00	Lunch	
14.00 -14.30	Sequences of mediomotion: head and trunk Presentation, demonstration of centres of coordination, position of treatment	Practical
14.30 -15.15	Sequence of mediomotion: lower limb Presentation, demonstration of centres of coordination, position of treatment	Practical
15.15 -16.00	Sequence of mediomotion: upper limb Presentation, demonstration of centers of coordination, position of treatment	Practical
16.00 - 16.15	Break	
16.15 - 18.00	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment. Questions	Demonstration and discussion

Day 4°

8.30 - 9.45	Sequence extrarotation: head and trunk Presentation, demonstration of centers of coordination, position of treatment	Practical
9.45 - 11.00	Sequences of extrarotation: lower limb Presentation, demonstration of centers of coordination, position of treatment	Practical
11:00 - 11.15	Break	
11.15 -12.00	Sequences of extrarotation: upper limb Presentation, demonstration of centers of coordination, position of treatment	Practical
12.00 - 13.00	Sequence of intrarotation: head and trunk Presentation, demonstration of centers of coordination, position of treatment	Practical
13.00 - 14.00	Lunch	
14.00 - 15.15	Sequence of intrarotation: lower limb Presentation, demonstration of centers of coordination, position of treatment	Practical
15.15 -16.15	Sequence of intrarotation: upper limb Presentation, demonstration of centers of coordination, position of treatment	Practical
16.15 - 16.30	Break	
16.30 - 18.00	Explanation of the Movement Verification principles. Movement Verification of the Head and Trunk, Lower limb	Theory/Demo

Day 5°

8.30 - 9.30	Movement Verification of the Upper Limb	Theory/Demo
9.30 - 11.00	Revision of the CCs of the head and trunk	Practical
11.00-11.15	Break	
11.15 -13.00	Revision of the CCs of the lower limb	Practical
13.00 - 14.00	Lunch	
14.00 - 16.00	Treatment Strategies: proximal-distal compensation, agonist-antagonist, silent points, latent points, global compensations in the trunk.	Theory
16.00 - 16.15	Break	
16.15 - 17.30	Revision of the CCs of the upper limb	Practical

17.30 - 19.00	Compilation of assessment chart by students: hypothesis, movement tests, palpatory verification, and treatment	Group work Demonstration and discussion
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Day 6°

08.30 - 9.15	Presentation and discussion of chart by students	Discussion
9.15 - 10.15	Treatment of the participants with supervision	Practical
10.15 - 11.00	Discussion of the treatments performed by the students	Discussion
11.00 - 11.15	Break	
11.15 - 13.00	Treatment of a patient/student by participants (2 participants one subject) with supervision	Practical
13.00 - 14.00	Lunch	
14.00 - 15.30	Evaluation of the assessment chart of the patients	Evaluation
15.30 - 16.15	Exam	Evaluation
16.15 - 17.00	Celebration and conclusion	

This program may be subject to changes according to organizational requirements of either the venue or the Instructors.

In a six day course the Basic Contents and Skills acquired can be summarized as:

Lessons or Demonstrations	Acquired Skill or Knowledge
Anatomy of the Fascia	An understanding of how the fascial system is formed, its interrelationships, histology, innervation in the Biomechanical Model of FM
Glossary of FM	Introduces new terminology, new method for movement analysis and explains its application
Anatomy of the MFU	Outlines the components of a MFU and the hypothesized physiology
Manipulation of the Fascia	How FM works: Principles of where it works, which target tissue, hypothesized action, manner to treat etc
Assessment Chart	How to compile an Assessment Chart that is useful for a FM treatment

Treatment strategies	How to decide which CC requires treatment and to proceed in a second treatment, advise such as stay on the same plane etc.
Movement Verification and location of all CC	Ability to remember the Movement verification of each single mfu and ability to identify the location of CCs
Comparative Assessment	Ability to palpate CC of one segment comparatively
Patient Demonstrations	An overall vision of how a Therapist conducts a treatment session
Student Assessment Charts	Highlights difficulties in compiling an Assessment Chart, asking the right questions, helps to switch to FM mode which is different to previous outlook, recalls MoVe and CC locations
Exam	To verify information acquired and to comply to AMF regulations.

NOTE: Manus sapiens potens est: only a knowledgeable hand is powerful.

Learning Objectives Level I

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

- List the types of human fascia and understand the role of fascia in nociceptive pain. (Knowledge)
- Differentiate between ascending and descending type of disorders and assess the proper body segments. (Analysis)
- Develop effective treatment for myofascial pain syndrome and musculoskeletal disorders. (Synthesis)
- Evaluate the quality of the deep fascia through palpatory verification and treat appropriate the points (Centers of Coordination) restoring the tissue sliding. (Evaluation)