

PREFACE

...”I have been practicing, teaching and writing about soft tissue methods for 40 years and while many of these techniques are effective in relieving pain, most of them are used to treat local symptoms with not enough regard to the connecting fascial links. Unless there is an understanding of what Stecco describes as the sequences of the myofascia, pain tends to return, again necessitating another relief regime instead of correction. This book adds new information about fascial linkage and emphasizes a global approach to the treatment of dysfunction by way of Fascial Manipulation®.”....

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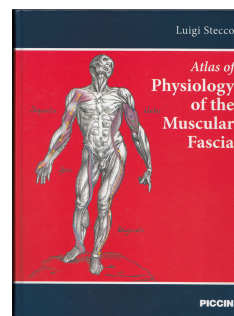
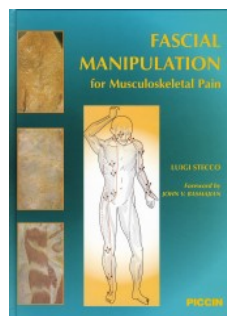
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...”. It has been shown that fascia is densely innervated with many sensory nerve endings including mechanoreceptors and nociceptors, which can become the source for acute myofascial pain syndromes. Fascia, if understood in the wider definition of the term described above, is one of our richest sensory organs. It is

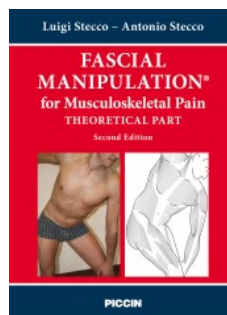
for sure our most important organ for proprioception and for our “sense of embodiment”.

The Stecco family, two of which are authors of this book, have become a driving force in this new field...”

Robert Schleip PhD
Director, Fascia Research Project
Ulm University, Germany



Forthcoming in english



FASCIAL MANIPULATION® FOR LOCOMOTOR SYSTEM'S DYSFUNCTIONS Level I & II



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**FASCIAL MANIPULATION®
COURSES**

The Fascial Manipulation® training program for the locomotor system consists of two intensive hands-on courses of 6 days each that combine theoretical lectures, demonstrations, and practice between participants throughout each day.

Participants will learn to evaluate musculoskeletal dysfunction with specific reference to the human fascial system, and to apply the Fascial Manipulation method as taught by Luigi Stecco, PT. 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 is placed on the evaluation of musculoskeletal dysfunctions (from history taking, to a hypothesis, to a verification and treatment) together with a methodology and strategy for treatment.

FM® basic training program is intended for

- medical doctors
- physiotherapist and physiotherapy student at the 3rd year
- chiropractors

Training includes two levels.

FM LEVEL I

Level I Fascial Manipulation® consists of two three-day courses (for 48 hours total) that need to be taken within 4-6 weeks of each other to assure a good understanding of the underlying biomechanical rationale and mastery of the technique. Level I discusses the problems related to dysfunction of the locomotor system, by associating the densification of the Coordination Centers to conditions such as tendinitis, low back pain, lumbar disease, cervicgia, carpal tunnel, headache and so on. It studies analytically, every Myofascial Unit in the continuity of Myofascial Sequences. The main objective is to develop an understanding of the Coordination Centers (CCs), responsible for the normal function of the monoarticular muscles and synergistic biarticular muscles.

FM LEVEL II

Level II Fascial Manipulation course consists of two three-day courses (48 hours total) taken within 4-6 weeks of each other to allow time for clinical experience and practice and to assure a mastery of the technique as a whole. The completion of Level I is a necessary prerequisite. Level II analyses the anatomy and function of fascia retinacula within the more complex movement. They are managed by particular areas called Fusion Centers, where they

converge the forces of multiple Myo-Fascial Units. It introduces the concept of Diagonals and Spiral organization found within the corporis fascia. FM II focuses on the role of Centers of Fusion as part of the biomechanical model and the formation of Myofascial Diagonals and Spirals.

FM MASTER CLASS

Prerequisite for this class is completion of Fascial Manipulation Levels I and II. It offers a review and updating of some concepts of the method. Many times the student after a few months of completing the 2nd level needs a review of some points, treatment strategies and the overall procedure used in Fascial Manipulation®. An important purpose of the Master course is to clear up possible student uncertainties. It is important to review the theoretical in-depth lessons of anatomy and physiology necessary to accurately analyse some particular aspects of FM. Unfortunately there are complexities that cannot be completely covered during the first two levels. It is especially recommended for students who want to continue training with the 3rd level, but feel that they have forgotten some concepts or want to increase their knowledge of Fascial Manipulation® in the skeletal muscle field.