

## FASCIAL MANIPULATION® METHOD BY STECCO



Fascial Manipulation® is a manual therapy that has been developed by Luigi Stucco PT, in collaboration with his children Carla Stucco and Antonio Stecco (both MDs, PhDs), over the last 40 years. Focusing on fascia and in particular the deep muscular fascia. FM considers the myofascial system as a three-dimensional continuum.

This method presents a complete biomechanical model that assists in deciphering the role of fascia in musculoskeletal disorders. In recent years, both Carla and Antonio Stecco have carried out extensive research into the anatomy and histology of the fascia via dissection of unembalmed cadavers in Italy and other countries. These dissections have provided new histological and anatomical data including the existence of myotendinous expansions between segments, the multi-layered structure of deep fascia and the abundant innervation of this tissue by mechanoreceptors and free nerve endings.

The mainstay of the manual method developed by Luigi Stecco lies in the identification of specific, localised areas of the fascia in connection with specific limited movements. Once a limited or painful movement is identified, then a specific point on the fascia is implicated and through the appropriate manipulation of this precise part of the fascia, movement can be restored.



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## FASCIAL MANIPULATION® STECCO® METHOD

founder of the Method:  
Luigi Stecco in collaboration  
with Carla and Antonio

FASCIAL MANIPULATION®  
Institute by **Stecco**



**"Manus sapiens potens est"**  
A knowledgeable hand is powerful

## FASCIAL MANIPULATION® (FM) TRAINING

### Fascial Manipulation® Courses

There are three levels of Fascial Manipulation® courses (6 days per level).

**Level I** - (6 days) includes fascial anatomy, introduction to Stecco's biomechanical model for the musculoskeletal system and initial training for therapists to treat common musculoskeletal dysfunctions. Emphasis on Myofascial Units, Centers of Coordination (CC) for unidirectional movements, balancing and proprioception.

**Level II** - (6 days) Completion of Level I is a prerequisite. Consolidates clinical application and introduces Centres of Fusion (CF) that are areas extremely important for proprioceptive dysfunction and complex movements.

**Level III** - (7 days) Completion of Level I & II is a prerequisite. Level III addresses the modality of treatment for internal dysfunctions based on Luigi Stecco's model for the internal fasciae, including superficial fascial dysfunctions.

### Fascial Manipulation® Master Class

**Introductory** – ( 1 day) This workshop explains the biomechanical model for the human fascial system currently applied in the manual method known as Fascial Manipulation®. A short hands-on session will provide participants with the experience of the type of manual approach utilized in this method.

**Master Class I-II** - (3 days) Prerequisite is completion of Fascial Manipulation levels I and II. It offers a review and updating of locomotor concepts pertaining to FM. Also includes discussion of case histories and treatment of difficult cases.

**Master Class III** - (3days) Prerequisite is completion of FM levels I, II, III. This course reviews internal dysfunction concepts. It is a deepening study of the therapeutic approach to complex cases. Emphasizes improvement in manual skills.

### Fascial Manipulation® School

The School aims to create highly skilled professional therapists capable of applying the Fascial Manipulation Method in the correct manner. It is organized into 18 modules of three days each, divided into three years.

**Year I:** includes all the basic concepts of Fascial Manipulation®. Also emphasis on CCs are presented along with the concept of sequences.

**Year II:** CFs, diagonals and spiral organization are presented to understand the global motor movements. Tensile structures and catenaries are then presented in order to treat patients with internal dysfunction.

**Year III:** The catenaries are reviewed and integrated with the systems and the treatment of the superficial fascia. The aim is to reach the end of the third year with a global view of the patient and treatment with Fascial Manipulation®.

## VETERINARY FASCIAL MANIPULATION® TRAINING

Veterinary Fascial Manipulation® Courses include two levels.

**Level I** - four days devoted specifically to equine or canine patients. It covers the myofascial animal system and the sequences of the Centers Coordination (CCs).

**Level II** - four days devoted specifically to equine or canine patients. It presents the fundamental principles of animal Fascial Manipulation®: retinaculae and composition of the Fusion Centers (CFs).

## FASCIAL MANIPULATION CERTIFICATION®

The Fascial Manipulation Institute by Stecco now offers FM professionals the opportunity to obtain certification to attest to the fact that the practitioner has mastered the highest level of available training in FM. It is an exam to gain the title "CERTIFIED FASCIAL MANIPULATION SPECIALIST".

## FASCIAL MANIPULATION ANNUAL CONGRESS

Meeting of medical doctors, physical therapists and other registered health practitioners. In the morning, presentation of the latest research on the manipulation of the fascia. In the afternoon, workshop on the manipulation of the fascia.