What is Fascial Manipulation (FM)?

FM is a manual therapy method developed by Luigi Stecco, a physiotherapist from the north of Italy. This method has evolved over the last 40 years through study and application in the treatment of a vast caseload of musculoskeletal problems. It focuses on the fascia, in particular the deep muscular fascia, including the epimysium and the retinacula and considers that the myofascial system is a three-dimensional continuum. Through collaborations with the Anatomy Faculties of the Descartes University, Paris, France and the University of Padova in Italy, Dr. Carla Stecco and Dr. Antonio Stecco have carried out extensive research into the anatomy and histology of the fascia via dissection of unembalmed cadavers. These dissections have enhanced the pre-existing biomechanical model already elaborated by Luigi Stecco by providing new supportive histological and anatomical data. This method presents a complete biomechanical model that assists in deciphering the role of fascia in musculoskeletal disorders. The mainstay of this manual method lies in the identification of a specific, localised area of the fascia in connection with a specific limited movement. 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. Research in FM has progressed over the years in textbooks, peer review articles, and recently in Functional Atlas of the Human Fascial System, by Carla Stecco, Elsevier, 2015. Publications on FM are available on www.fascialmanipulation.com.

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<th>COURSE FEE (IN INR)</th>
<th>FM - Level 1</th>
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Venue: RECOUP Hospital Auditorium, Anjanapura Layout, Bangalore, India

SPECIAL OFFER:
Get an additional 10% discount and an option to block the FM Course seat by paying 50% of the course fees (the remaining fees is due by August 16, 2017) when you simultaneously register for MYOPAIN 2017. This offer is only valid till May 15, 2017.

FM 2017 is a satellite course of MYOPAIN 2017: Tenth World Congress on Myofascial Pain Syndrome and Fibromyalgia Syndrome being held on October 4-8, 2017 in Bangalore. (www.myopain2017.com).
**COURSE OBJECTIVES**

**LEVEL I AND II:**
- Learn anatomy and physiology of the fascial system.
- Learn how to evaluate myofascial planes: upper and lower extremities, spine.
- Determine functional testing of areas of complaint.
- Develop skill and understanding to assess abnormal functional findings with fascial points of involvement to restore normal function.

**LEVEL III:**
- Give the students the means and the knowledges useful to the treatment of the internal dysfunctions.
- Theoretical lectures about anatomy, physiology of the inner fasciae
- Theoretical and practical lectures about the treatment modalities, the new points, the different disorders, etc.
- Practical exercises between students
- Treatment of clinical cases

**WHO CAN ATTEND?**

Physicians interested in Manual Medicine, Physiotherapists, Osteopaths, Chiropracters and allied health practitioners with at least 3 years of experience and a good working knowledge of musculoskeletal anatomy, physiology and notions of postural analysis may be accepted. Successful completion of Level I is a prerequisite for acceptance in Level II course. Candidates should successfully complete both level I and level II followed by one year of hands on clinical practice to be accepted into level III.

It is necessary to pass both Level I and II to obtain the FM Practitioner Diploma. The Level III course is being held for the first time in India. There is high level of interest in these courses and the 2014, 2015 and 2016 courses at RECOUP were sold out within days of announcement of the course.

**WHAT YOU WILL LEARN IN THE FM COURSE?**

The FM is an intensive hands-on postgraduate course. Level I and II courses are conducted over 6 days each (48 hours), while Level III is conducted over 7 days (54 hours). These are the only accredited Fascial Manipulation Course available in India (all other courses are illegal). Participants will learn to evaluate musculoskeletal dysfunctions with specific reference to the human fascial system and to apply the FM technique. It combines theoretical lectures, demonstrations, and practicals throughout each course day. 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 localisation of fascial points (myofascial sequences, spirals). Emphasis will be placed on the evaluation of musculoskeletal dysfunctions (from history taking, to hypothesis, to functional testing, to palpation, to verification and treatment) together with a methodology and strategy for treatment.

The FM course for Internal Dysfunction (level III) is divided into three parts:

**First part (tensile structures, 2 days)** - single organs and their connections with surrounding fasciae are discussed. Organ peristalsis can be restored by acting on the tensile structures forming the four segments (neck, thorax, lumbar and pelvis) of the trunk wall.

**Second part (apparatus, 2 days)** - fascial sequences connect the organs of a single apparatus together. The treatment of the apparatus focuses on the forces that invest the entire trunk wall (catenaries and distal tensors).

**Third part (systems, 3 days)** - Systems are composed of internal and external components that are connected to the superficial fascia. Treatment of the systems focuses on quadrants of the superficial fascia. These quadrants can act as “peripheral receptors” for the internal autonomic ganglia.
ABOUT THE INSTRUCTORS

KOBİ WEİSS - LEVĔL I AND II TRAINER
Kobi is a qualified FM teacher (FMA, Stecco concept, Italy). He is a lecturer in sport injury and orthopaedics and a private practitioner in sports and post trauma rehabilitation in Israel. He is the Founding Member and Secretary of Academic Committee (volunteer) at Israeli Physical Therapy Association (1998-2001). He qualified in Respiratory Physiotherapy and Rehabilitation (UK) and Electrotherapy (Netherlands). He also completed his Clinical Instructor course (Israel), sEMG Biofeedback (USA), McConnell concept to shoulder (Australia), MET concept (Belgium), Biofeedback (USA), Osteopathic Visceral Therapy (Israel), Somatic Experiencing level 1&2 (USA), Mulligan’s Concept level 1 & 2 (Australia), KINESIS, Anatomy Trains (USA), Kinesiotherapy level 1 (Israel), Fascial Manipulation Technique Level 1 (USA), Level 1 & 2 (Italy), Level 2 (Israel), Level 3 (Italy, Israel).

CARLA STECCO - LEVEL III TRAINER
Carla is an Orthopedist, Assistant Professor of Human Anatomy and Movement Sciences at the University of Padova, Italy. She is the founder member of the Fascial Manipulation Association and Fascial Research Society, and a member of the Italian Society of Anatomy and Histology and of the Association Française des Morphologistes. Her scientific activity is devoted to the study of the anatomy of the human fasciae from a macroscopical, histological and physiopathological point of view. She has conducted over 100 cadaver dissections for research. From 2000, she has organised and personally held theoretical-practical courses about the Fascial Manipulation technique both in Italy and in other countries. She is an author of more than 80 in extenso papers about the fascial anatomy and author of various chapters about the fascial anatomy or the Fascial Manipulation Technique. She has coauthored the books: Fascial Manipulation: Practical part (Piccin, 2007); Fascial Manipulation for Internal Dysfunctions (Piccin, 2013), and authored the landmark book “Functional Atlas of the Human Fasciae” (Elsevier, 2014).

ANDREA PASİNİ - LEVĔL III TRAINER
Andrea is a physical and manual therapist in private practice at Gambettlo, Italy. He has been awarded with Fascial Manipulation 1st, 2nd and 3rd level. He is skilled in principal subjects like Fascial Manipulation for Internal Dysfunctions, Normalization Energetic, and Visceral Normalization.
"My client was having pain whenever he stood up after prolonged sitting and also revealed that he never could sit cross legged. It seemed like I had to stretch his adductors and piriformis but curtailed that desire and stuck with FM. First day, treated Ant-Genu, Ant-Tal. On the second visit as he was too concerned about cross leg sitting, I tried IR-TA. IT WAS A MIRACLE TIME, to the surprise of the client and me, he easily sat cross legged and could bend his trunk forward, which he never did for many years."

2015 FM Course Participant at RECOUP Bangalore

“We have had great success in gaining internal rotation in shoulder stiffness by applying fascial manipulation for extra fascia in a patient with restricted ROM of shoulder of 3 month duration. The results were wonderful. He gained significant improvement in all planes immediately.”

2014 FM Course Participant at RECOUP Bangalore

For Registration, please contact:

MR. JOSHUA SAMUEL R, COURSE COORDINATOR,
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(ALSO AVAILABLE ON & )
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DIPLOMA IN FASCIAL MANIPULATION®
LEVEL I, II AND III - REGISTRATION FORM

Terms and Conditions of Registration

1. Places in the course can be reserved by making a non-refundable payment of 50% of course fee, if registering for MYOPAIN 2017 congress before May 15, 2017. Registration to the course will be confirmed once the balance course fees has been received, the deadline for which is August 16, 2017. This fees is transferable (to another eligible candidate) but not refundable, barring cancellation of course due to unavoidable reasons.

2. All successful registrations will be confirmed by email.

3. Places in a course will be allocated on a first come first served basis, subject to eligibility. Please attach your detailed resume with the application.

4. Course fees include instruction, beverages, light lunch and certificate of participation from Fascial Manipulation Association, Italy.

For NEFT Transfer
Name of the account : Sharanam Charitable Trust
Bank Branch : Axis Bank Ltd, Konanakunte Branch, Bangalore, India
Nature of Account : SBTRS
Account Number : 916010011296798
MICR Number : 560211029
IFSC Code : UTIB00011851

Payment Details:
Demand Draft / Local Cheque No.: ................................................................. Worth INR ....................... 
Drawn on: .................................................. Bank ........................................ Branch ........................................
Dated:.................................................................

Please make the DD/Local Cheque in favour of Sharanam Charitable Trust, payable at Bangalore.

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For further details please contact:

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