

MAD Education



FASCIAL MANIPULATION WORKSHOP: A GUIDE TO THE HUMAN FASCIAL SYSTEM

WORKSHOP OVERVIEW

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.

This course will introduce the Fascial Manipulation Method, discussing key areas related to fascial anatomy, physiology, biomechanics and pathophysiological changes.

The workshop will include combine theoretical and practical elements to enhance the clinical skills of the participant.

Key Learning Outcomes

1. Learning the planes of the myofascial system and identifying the specific localised points of fascia in each plane of different segments of the body
2. Understanding the biomechanical and physiological role of fascia in the musculoskeletal system, including changes that lead to the formation of densifications
3. Learn how to palpate the sliding of the fascia at the Centres of Coordination
4. Understand the mechanical stimulus required to restore gliding of the fascia, and treatment modalities to perform this
5. Discuss the assessment process, including how to formulate hypotheses linking prior musculoskeletal injuries, trauma and surgery to current pain and dysfunction

WORKSHOP OUTLINE

Introduction: A brief history of Fascial Manipulation	9:00
Palpation Assessment Concepts	9:20
Practical – Centre of Coordination Segmental Palpation	9:40
Highlights of Anatomy of the Human Fascial System	10:30
The Biomechanical Behaviour of Fascia	10:50
Morning tea	11:00
Fascial Physiology (Pathophysiology)	11:20
Practical – Centre of Coordination Segmental Palpation	11:40
Lunch	12:30
Proprioception, Nociception and Myofascial Pain	13:00
Practical – Centre of Coordination Segmental Palpation	13:20
Fascial vs Muscular Pain / Clinical Recommendations	14:00
Practical – Live Patient Assessment / Treatment	14:20
Questions and Discussion	15:30
End of Workshop	16:00

WORKSHOP COORDINATOR

The workshop will be presented by Jack Williams. Jack is the first and only Certified Fascial Manipulation Specialist (through the Fascial Manipulation Institute in Padua, Italy) and Fascial Manipulation teacher in Australia, teaching both in Australia and internationally.

FURTHER DETAILS

When: Saturday, 14th June 9:00am – 4:00pm

Cost: \$375 (incl. GST)

How to Enrol: To enrol to the course, please [click here](#)

If you would like any further information, please feel free to contact Jack on:

Email: education@melbourneathleticdevelopment.com.au

Course Manual: Your course material will be provided in electronic format

Location: Melbourne Athletic Development Physiotherapy

168 Hoddle Street, Abbotsford 3067, Melbourne, Victoria, Australia

Ph: (+61) 0447 637 454

Email: education@melbourneathleticdevelopment.com.au

Website: <https://www.melbourneathleticdevelopment.com.au/>

Food: During the course, tea, coffee and light refreshments will be available