

# MAD Education



## FASCIAL MANIPULATION WORKSHOP: A GUIDE TO THE HUMAN FASCIAL SYSTEM

### WORKSHOP OVERVIEW

This Fascial Manipulation workshop introduces the basic principles of Fascial Manipulation (FM). In this workshop, you will learn the systematic framework to palpate and navigate segments of the fascial planes. The workshop also introduces the FM assessment framework that methodically helps the clinician to understand how prior injuries, surgeries and musculoskeletal trauma contribute to pain and dysfunction. This course combines online lecture and hands on practical components that will introduce you to the assessment and treatment process, making you able to better resolve your patients musculoskeletal pain.

### WORKSHOP INCLUDES

- **Online lectures** to explain the:
  - Anatomical connections of the muscular fascia that form myofascial planes / chains
  - Physiological and biomechanical behaviour of fascia in the musculoskeletal system
  - The cause of fascial pain and dysfunction, and the ability to differentiate fascial densifications from fibrosis
- **In-person practical components** to develop your skills in:
  - Palpating the fascial system
  - Identifying the Centres of Coordination (fascial points) and organisation of the fascial planes / chains
  - Identifying fascial densifications that cause pain and dysfunction
  - The treatment techniques to treat densifications and restore normal fascial function
  - The Fascial Manipulation assessment to understand how to formulate hypotheses connecting past musculoskeletal medical history to current pain and dysfunction

# WORKSHOP **OUTLINE**

9:00	<b>Scientific and Clinical Rationale for Fascial Manipulation</b>
9:20	<b>Palpation Assessment Concepts</b>
9:40	<b>Practical – Centre of Coordination Segmental Palpation</b>
10:30	<b>Fascial Manipulation Assessment Framework</b>
11:00	<b>Practical – Centre of Coordination Segmental Palpation</b>
11:30	<b>Break</b>
12:00	<b>Practical – Centre of Coordination Segmental Palpation</b>
12:30	<b>Practical – Live Patient Assessment / Treatment</b>
1:30	<b>Questions and Discussion</b>

# ONLINE **LECTURE MATERIAL**

Lecture 1	<b>Fascial Anatomy: Mapping the Organisation of Muscle and Fascia</b>
Lecture 2	<b>Fascial Biomechanics: Understanding Fascial Gliding in Movement, Sensory Feedback and Pain</b>
Lecture 3	<b>Fascial Manipulation in Practice: A Clinical Roadmap</b>

# 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, 29<sup>th</sup> November 9:00am – 2:00pm

**Cost:** \$275 (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](mailto: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](mailto:education@melbourneathleticdevelopment.com.au)

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

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

