



FASCIAL MANIPULATION – LEVEL 1B HYBRID COURSE

COURSE OVERVIEW

The Fascial Manipulation Level 1 course provides the basic principles of Fascial Manipulation (FM). In this course, you will receive a systematic framework to palpate and navigate the fascial planes of the human body. Through learning this systematic approach, you will understand how prior injuries, surgeries and musculoskeletal trauma contribute to pain and dysfunction. This course combines lecture and hands on practical components that will guide you through the assessment and treatment process, making you able to better resolve your patients musculoskeletal pain.

COURSE INCLUDES

- **15 hours online lecture series** (presented by Professor Carla Stecco and Assistant Professor Antonio Stecco) to learn the anatomical and biomechanical basis, in addition to assessment and treatment modalities of Fascial Manipulation
 - **Pre-course webinar** presentation and Q&A to review the online material and facilitate preparation for the practical component
- **Three days in-person** practical components to learn the palpation, assessment and treatment of the fascial network
 - Included in the in-person component is the **Fascial Manipulation Level 1: Practical Part Textbook**
 - **Post-course webinar** to discuss clinical cases and clinical integration of the Fascial Manipulation method
- **4 hour post-course, in-person revision workshop** following the course to review and refine the clinical application from the course

COURSE DATES AND TIMES

<u>Course Component</u>	<u>Date</u>	<u>Time</u>
Three Day In-Person Course	Friday 30 th January to Sunday 1 st February 2026	9.00am– 5.30pm AEDT (Sunday finish 5.00pm)
Pre-Course Online Webinar	Thursday, 22 nd January 2026	7.30–8.30pm AEDT
Post-Course Online Webinar	Tuesday 10th February 2026	7.30–8.30pm AEDT
Post Course In-Person Revision Workshop	Saturday 14th March 2026	9.00am to 1.00pm.

COURSE COORDINATOR

The course 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

How to Enrol: To enrol to the course or for further information, please email Jack at education@melbourneathleticdevelopment.com.au

Course Manual: Your course material will be provided in printed and electronic formats

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 lunch will be provided daily. Tea, coffee and light refreshments will be available