



## FASCIAL MANIPULATION – LEVEL 1 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

- **Three days in-person** practical components to learn the palpation, assessment and treatment of the Fascial Manipulation Method
  - Included in the in-person component is the **Fascial Manipulation Level 1: Practical Part Textbook**
- **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
- **Post-course, in-person revision workshop** following the course to review and refine the clinical application from the course

# COURSE DATES AND TIMES

| <b><u>Course Component</u></b>          | <b><u>Date</u></b>  | <b><u>Time</u></b>                            |
|---|---|---|
| <b>Three Day In-Person Course</b>       | Friday 27 <sup>th</sup> – Sunday 29 <sup>th</sup><br>March, 2026      | 9.00am– 5.30pm AEDT<br>(Sunday finish 5.00pm) |
| Pre-Course Online Webinar               | Tuesday, 17 <sup>th</sup> March<br>2026                               | 7.30–8.30pm AEDT                              |
| Post Course In-Person Revision Workshop | Saturday 2nd May, 2026<br>(other dates available throughout the year) | 9.00am to 12.00pm AEST                        |

## 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

**Cost:** \$1,760 (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 printed and electronic formats

**Location:** Melbourne Athletic Development Physiotherapy

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**Food:** During the course lunch will be provided daily. Tea, coffee and light refreshments will be available