

MAD Education, in conjunction with the Fascial Manipulation Institute presents

Fascial Manipulation Workshop: A Guide to the Human Fascial System

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.

The mainstay of the manual method developed by Luigi Stecco lies in the identification of specific, localised areas of the fascia in connection with specific limited movements. 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.

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. Develop an understanding of 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



Workshop Outline

Introduction: A brief history of Fascial Manipulation	9:00
Practical – Centre of Coordination Segmental Palpation	9:20
Highlights of Anatomy of the Human Fascial System	10:00
Practical – Centre of Coordination Segmental Palpation	10:20
Fascial Physiology and Biomechanics	10:40
Practical – Centre of Coordination Segmental Palpation	11:00
Lunch	12:00
Pathophysiological Changes to Fascia	13:00
Practical – Centre of Coordination Segmental Palpation	13:30
Fascial Manipulation's Biomechanical Model	14:00
Assessment Process - Clinical Rationale and Assessment Chart	14:20
Practical – Centre of Coordination Segmental Palpation	14:00
Questions and Discussion	14:45
End of Workshop	15:00

When

Saturday, 22nd February from 9:00am – 3:00pm

How much: \$249 + GST

How to Enrol

To enrol to the workshop, 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 sent to you in electronic format.

Course Location

The course will be held at:

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/>

Course Parking

Parking is available behind Melbourne Athletic Development, accessible via Yarra or Vere St. There is also 2 and 4 hour parking zones available on Hoddle St and surrounding streets

*NOTE: Hoddle St does NOT have a clearway period on Saturday or Sunday

Food

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

