



FASCIAL MANIPUALTION ASSOCIATION



קורס בינ"ל: סילבוס + מחקרים רלוונטיים + תיאור השיטה

קורס קליני בסיסי בתרפיית -

Fascial Manipulation© Technique

Stefano Casadei, PT - Antonio Stecco, MD בהנחיית:

4 ימים – ראשון עד רביעי - 30.10.11-2.11.11
הקורס יתקיים באזור גוש דן (מיקום סופי ייקבע בקרוב!!)

Day 1

Registration

8 am

Presentation

8:30-8:50	Welcome and Introduction to Course	
8:50-9:45	Physiology of fascia: layers and continuity, histology, innervation	Theory
9:45-10:00	Break	
10:00-11:15	Basic Principles of Fascial Manipulation© Glossary of FM terms	Theory
11:15-12:00	Sequence of antemotion: head and trunk Presentation, demonstration of Centres of Coordination, movement tests, position of treatment	Theory/Demo Practical
12:00-1:00	Sequence of antemotion : lower and upper limb	Theory/Demo Practical
1:00-2:00	Lunch (on your own)	
2:00-3:50	Sequence of retromotion: head and trunk	Theory/Demo Practical
3:50-4:00	Break	
4:00-5:00	Sequence of retromotion: lower limb	Theory/Demo Practical
5:00-5:40	Sequence of retromotion: upper limb	Theory/Demo Practical
5:40-6:00	Modality of treatment	Theory
6:00- 7:00	Sequence of lateromotion: head and trunk	Theory/Demo Practical

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Day 2

8:30 am-9:15	Sequences of lateromotion: lower limb	Theory/Demo Practical
9:15-10:00	Sequence of lateromotion: upper limb	Theory/Demo Practical
10:00-10:10	Break	
10:10-11:00	Sequence of mediomotion: head and trunk	Theory/Demo Practical
11:00-11:45	Sequence of mediomotion: upper limb	Theory/Demo Practical
11:45-12:30	Sequence of mediomotion: lower limb	Theory/Demo Practical
12:30-1:30	Lunch (on your own)	
1:30-2:00	The Assessment Chart for Fascial Manipulation (from anamnesis to hypothesis – significant questions, abbreviations; from hypothesis to treatment, procedure and verification)	Theory/Demo
2:00-3:10	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment	Theory/Demo
3:10-3:20	Break	
3:20-4:30	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment	Theory/Demo
4:30-5:40	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment	Theory/Demo

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Day 3

8 am	Registration	
8:30-10:00	Anatomy of the deep and superficial fascia	Theory
10:00-10:10	Break	
10:10-11:00	Sequence extrarotation : head and trunk	Theory/Demo Practical
11:00-11:45	Sequence of extrarotation: lower limb	Theory/Demo Practical
11:45-12:30	Sequence of extrarotation: upper limb	Theory/Demo Practical
12:30-1:30	Lunch (on your own)	
1:30-2:15	Sequence of intrarotation: head and trunk	Theory/Demo Practical
2:15-3:00	Sequence of intrarotation: lower limb	Theory/Demo Practical
3:00-3:45	Sequence of intrarotation: upper limb	Theory/Demo Practical
3:45-4:00	Break	
4:00-4:20	When, what and where to treat / second session	Theory
4:15-5:00	Review of all the CCs in the region of head and trunk	Theory/Demo Practical
5:00-5:45	Review of all the CCs in the region of lower limb	Theory/Demo Practical
5:45-6:30	Review of all the CCs in the region of upper limb	Theory/Demo Practical

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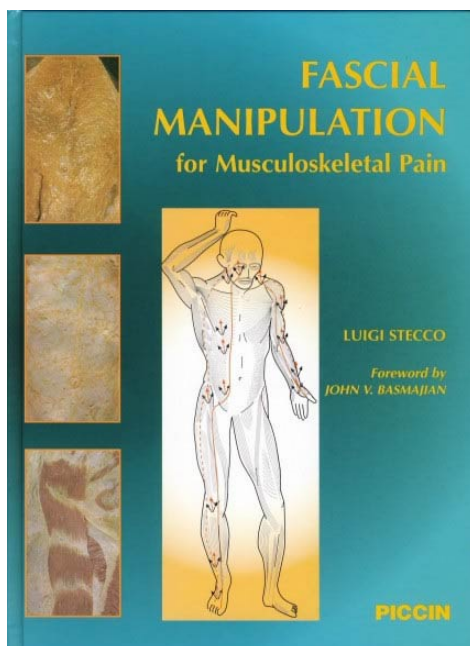
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Day 4

8 am-9:30	Compilation of assessment chart by students: hypothesis, movement tests, palpatory verification, and treatment	Practical
9:30-11:15	Review of the assessment charts	Demonstration and Discussion
11:15-11:30	Break	
11:30-12:30	Treatment of a patient by student	Demo/Practical
12:30-1:30	Lunch (on your own)	
1:30-2:30	Treatment of a patient by student	Demo/Practical
2:30-3:30	Treatment of a patient by student	Demo/Practical
3:30-3:45	Break	
3:45-4:45	Treatment of a patient by student	Demo/Practical
4:45-5:45	Treatment of a patient by student	Demo/Practical

* התכנים כפופים לשינויים.



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ספרים ומאמרים שפורסמו בנושא:

Books:

- [1] Stecco L (1988) *Sequenze neuro-mio-fasciali e meridiani agopunturei*. Dal Molin, Arzignano
- [2] Stecco I (1991) *Il Dolore e le sequenze neuro-mio-fasciali* I.P.S.A. editore, Palermo
- [3] Stecco I (1996) *La Manipolazione Neuroconnettivale* Marrapese editore, Roma
- [4] Stecco L (2002) *La Manipolazione Fasciale* Piccin editore, Padova
- [5] Stecco L (2004) *Fascial Manipulation*. Piccin, Italy
- [6] Stecco L, Stecco C (2009) *Fascial Manipulation : Practical part*. Piccin, Italy

Papers:

- [1] Stecco L, Stecco C. *Fascia corporis. Riflessioni anatomiche, fisiologiche e terapeutiche. La riabilitazione*. (Milano, Italy) 1997 Apr; 30: 189-196.
- [2] Stecco C, Macchi V, Porzionato A, Tiengo C, Parenti A, Gardi M, Artibani W, De Caro R. *Histotopographic study of the rectovaginal septum*. Ital J Anat Embryol. (Firenze, Italy) 2005 Oct-Dec; 110: 247-54.
- [3] Scapinelli R, Stecco C, Pozzuoli A, Porzionato A, Macchi V, De Caro R. *The Lumbar Interspinous Ligaments in Humans: Anatomical Study and Review of the Literature*. Cells tissues organs, (Basel, Switzerland) 2006 Sep; 183: 1-11 [IF 05: 1,645].
- [4] Stecco C, Porzionato A, Macchi V, Tiengo C, Parenti A, Aldegheri R, Delmas V and De Caro R. [Histological characteristics of the deep fascia of the upper limb](#). Ital J Anat Embryol. (Firenze, Italy) 2006 Apr-Jun; 111 (2): 105-110.
- [5] Stecco C, Gagey O, Macchi V, Porzionato A, De Caro R, Aldegheri R, Delmas V. *Tendinous muscular insertions onto the deep fascia of the upper limb. First part: anatomical study*. Morphologie 2007; 91: 29-37.
- [6] Stecco C, Gagey O, Macchi V, Porzionato A, De Caro R, Aldegheri R, Delmas V. *Anatomy of the deep fascia of the upper limb. Second part: study of innervation*. Morphologie. 2007; 91: 38-43.
- [7] Stecco C, Porzionato A, Macchi V, Stecco A, Vigato E, Delmas V, De Caro R. *The expansions of the pectoral girdle muscles onto the brachial fascia: morphological aspects and spatial disposition*. Cells tissues organs, (Basel, Switzerland)
- [8] Macchi V, Tiengo C, Porzionato A, Stecco C, Vigato E, Parenti A, Azzena B, Weiglein A, Mazzoleni F, De Caro R. *Histotopographic Study of the Fibroadipose Connective Cheek System*. Cells Tissues Organs. 2009 Jun 24.
- [9] Stecco A, Masiero S, Macchi V, Stecco C, Porzionato A, De Caro R. *The pectoral fascia: anatomical and histological study*. J Bodyw Mov Ther. 2009 Jul; 13(3): 255-61.

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- [10] Day JA, Stecco C, Stecco A. Application of Fascial Manipulation technique in chronic shoulder pain--anatomical basis and clinical implications. *J Bodyw Mov Ther.* 2009 Apr;13(2):128-35. Epub 2008 Jun 24.
- [11] Stecco C, Pavan PG, Porzionato A, Macchi V, Lancerotto L, Carniel EL, Natali AN, De Caro R. Mechanics of crural fascia: from anatomy to constitutive modelling. *Surg Radiol Anat.* 2009 Aug;31(7):523-9. Epub 2009 Feb 26.
- [12] Stecco C, Lancerotto L, Porzionato A, Macchi V, Tiengo C, Parenti A, Sanudo JR, De Caro R. The palmaris longus muscle and its relations with the antebrachial fascia and the palmar aponeurosis. *Clin Anat.* 2009 Mar;22(2):221-9.
- [13] Pedrelli A, Stecco C, Day JA. Treating patellar tendinopathy with Fascial Manipulation. *J Bodyw Mov Ther.* 2009 Jan;13(1):73-80. Epub 2008 Jul 26.
- [14] Stecco A, Macchi V, Stecco C, Porzionato A, Ann Day J, Delmas V, De Caro R. Anatomical study of myofascial continuity in the anterior region of the upper limb. *J Bodyw Mov Ther.* 2009 Jan;13(1):53-62. Epub 2007 Jun 28.
- [15] Stecco C, Porzionato A, Lancerotto L, Stecco A, Macchi V, Day JA, De Caro R: Histological study of the deep fasciae of the limbs. *J Bodyw Mov Ther.* 2008 Jul;12(3):225-30. Epub 2008 Jun 13.
- [16] Stecco A, Macchi V, Masiero S, Porzionato A, Tiengo C, Stecco C, Delmas V, De Caro R. Pectoral and femoral fasciae: common aspects and regional specializations. *Surg Radiol Anat.* 2009 Jan;31(1):35-42. Epub 2008 Jul 29.
- [17] Stecco C, Aldegheri R. Historical review of carpal tunnel syndrome. *Chir Organi Mov.* 2008 May;92(1):7-10. Epub 2008 Mar 1.
- [18] Stecco C, Porzionato A, Macchi V, Stecco A, Vigato E, Parenti A, Delmas V, Aldegheri R, De Caro R. The expansions of the pectoral girdle muscles onto the brachial fascia: morphological aspects and spatial disposition. *Cells Tissues Organs.* 2008;188(3):320-9. Epub 2008 Mar 19.
- [19] Macchi V, Tiengo C, Porzionato A, Stecco C, Galli S, Vigato E, Azzena B, Parenti A, De Caro R. Anatomico-radiological study of the superficial musculo-aponeurotic system of the face. *Ital J Anat Embryol.* 2007 Oct-Dec;112(4):247-53.
- [20] Ercole, B., Antonio, S., Julie Ann, D., Stecco, C. [How much time is required to modify a fascial fibrosis?](#) *J Bodyw Mov Ther.* 2010 Vol 14 (4): 318 - 325



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תיאור מפורט של השיטה:

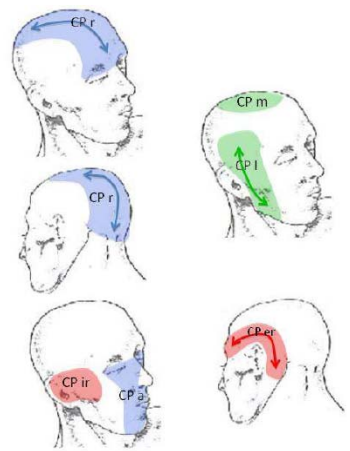
Short presentation of the Fascial Manipulation technique®:

Fascial Manipulation® is a manual therapy that has been developed by Luigi Stecco, an Italian physiotherapist from the north of Italy.

This method has evolved over the last 30 years through study and practice in the treatment of a vast caseload of musculoskeletal problems. **It focuses on the fascia, in particular the deep muscular fascia,** including the epimysium and the retinacula and considers that the myofascial system is a three-dimensional continuum.

In recent years, via collaboration with the Anatomy Faculties of the René Descartes University, Paris, France and the University of Padova in Italy, Dr. Carla Stecco and Dr. Antonio Stecco have carried out extensive research into the anatomy and histology of the fascia via dissection of unembalmed cadavers. These dissections have enhanced the pre-existing biomechanical model already elaborated by Luigi Stecco by providing new histological and anatomical data.

This technique presents a complete biomechanical model that assists in deciphering the role of fascia in musculoskeletal disorders. The mainstay of this manual technique lies in the identification of a specific, localised area of the fascia in connection with a specific limited movement. 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. In fact, by analysing musculoskeletal anatomy, Luigi Stecco realised that the body can be divided into 14 segments and that each body segment is essentially served by six myofascial units (mf units) consisting of monoarticular and biarticular unidirectional muscle fibres, their deep fascia (including epimysium) and the articulation that they move in one direction on one plane. Numerous muscle fibres originate from the fascia itself and, in turn, myofascial insertions extend between different muscle groups to form myofascial sequences. Therefore, adjacent unidirectional myofascial units are united via myotendinous expansions and biarticular fibres to form myofascial sequences. While part of the fascia is anchored to bone, part is also always free to slide. The free part of the fascia allows the muscular traction, or the myofascial vectors, to converge at a specific point, named the vectorial Centre of Coordination or CC. The location of each CC has been calculated by taking into consideration the sum of the vectorial forces involved in the execution of each movement.



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The six movements made on the three spatial planes are rarely carried out separately but, more commonly, are combined together to form intermediate trajectories, similar to the PNF patterns. In order to synchronize these complex movements other specific points of the fascia (often over retinacula) have been identified and, subsequently, named Centres of Fusion or CF.

Deep fascia is effectively an ideal structure for perceiving and, consequently, assisting in organizing movements. In fact, one vector, or afferent impulse, has no more significance to the Central Nervous System than any other vector unless these vectors are mapped out and given a spatial significance. In human beings, the complexity of physical activity is, in part, determined by the crossover synchrony between the limbs and a refined variability in gestures. Whenever a body part moves in any given direction in space there is a myofascial, tensional re-arrangement within the corresponding fascia. Afferents embedded within the fascia are stimulated, producing accurate directional information. Any impediment in the gliding of the fascia could alter afferent input resulting in incoherent movement. It is hypothesised that fascia is involved in proprioception and peripheral motor control in strict collaboration with the CNS.

Therapeutic implications

The fascia is very extensive and so it would be difficult and inappropriate to work over the entire area. The localisation of precise points or key areas can render manipulation more effective. An accurate analysis of the myofascial connections based on an understanding of fascial anatomy can provide indications as to where it is best to intervene. Any non-physiological alteration of deep fascia could cause tensional changes along a related sequence resulting in incorrect activation of nerve receptors, uncoordinated movements, and consequent nociceptive afferents. Deep massage on these specific points (CC and CF) aims at restoring tensional balance. Compensatory tension may extend along a myofascial sequence so myofascial continuity could be involved in the referral of pain along a limb or at a distance, even in the absence of specific nerve root disturbance. In clinical practice, cases of sciatic-like pain and cervicobrachialgia without detectable nerve root irritation are common. This technique allows therapists to work at a distance from the actual site of pain, which is often inflamed due to non-physiological tension. For each mf unit, the area where pain is commonly felt has been mapped out and is known as the Centre of Perception (CP). In fact, it is important to place our attention on the cause of pain, tracing back to the origin of this anomalous tension, or more specifically to the CC and CF located within the deep fascia

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קורות חיים מפורטים של המנחים:

Antonio Stecco, MD

Dr. Stecco obtained his degree in Medicine & Surgery at the University of Padova, Italy in 2007. He is now specializing in Physical Medicine and Rehabilitation at the same University. A founding member of the Fascial Manipulation Association, he is also a teacher of the Fascial Manipulation® method.

He presently collaborates with

The Department of Human Anatomy and Physiology at the University of Padova, which is hosting the 11th Congress of European Association of Clinical Anatomy (EACA) held jointly with the Summer Meeting of the British Association of Clinical Anatomists (BACA).

The Rene Descartes Center for Body Donations, Paris, France

The Department of Medical Bioengineering NJIT, New York, USA.

Author of several chapters from texts focusing on the anatomy and the physiology of the human fascial system:

1. "Manipolazione fasciale: parte teorica" Stecco L, Stecco A. seconda edizione. Piccin, Padova, in press (gennaio 2010)
2. "The deeper fasciae of the lower limbs". Stecco C, Stecco A. In: Schleip R., Huijing P, Chaitow L, Findley T "Fascia in Manual Therapy", published by Elsevier, 2010.
3. "Deeper fascia of shoulder and arm". Stecco C, Stecco A. In: Schleip R., Huijing P, Chaitow L, Findley T "Fascia in Manual Therapy", published by Elsevier, 2010.
4. "The Fascial Manipulation". Stecco C, Stecco A. In: Schleip R., Huijing P, Chaitow L, Findley T "Fascia in Manual Therapy", published by Elsevier, 2010.

Translator of the following text:

"Atlas of Osteopathic techniques" di Alexander Nicholas, Piccin ed, 2009

Author of the following published articles:

1. The Ankle Retinacula: Morphological Evidence of the Proprioceptive Role of the Fascial System. Cells Tissues Organs. Stecco C, Macchi V, Porzionato A, Morra A, Parenti A, Stecco A, Delmas V, De Caro R . 2010 Feb 27.
2. The pectoral fascia: anatomical and histological study. Stecco A, Masiero S, Macchi V, Stecco C, Porzionato A, De Caro R. J Bodyw Mov Ther. 2009 Jul;13(3):255-61.
3. Application of Fascial Manipulation technique in chronic shoulder pain--anatomical basis and clinical implications. Day JA, Stecco C, Stecco A. J Bodyw Mov Ther. 2009 Apr;13(2):128-35.
4. Anatomical study of myofascial continuity in the anterior region of the upper limb. Stecco A, Macchi V, Stecco C, Porzionato A, Ann Day J, Delmas V, De Caro R. J Bodyw Mov Ther. 2009 Jan;13(1):53-62.

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5. Pectoral and femoral fasciae: common aspects and regional specializations. Stecco A, Macchi V, Masiero S, Porzionato A, Tiengo C, Stecco C, Delmas V, De Caro R. Surg Radiol Anat. 2009 Jan;31(1):35-42.
6. Le basi anatomiche del danno propriocettivo negli esiti di distorsione della caviglia. Stecco A, Masiero S, Macchi V, Porzionato A, Stecco C, De Caro R, Ferraro C. Eur Med. Phys 2008; 44(Suppl 1): 1-3
7. Histological study of the deep fasciae of the limbs. J Bodyw Mov Ther. Stecco C, Porzionato A, Lancerotto L, Stecco A, Macchi V, Day JA, De Caro R. 2008 Jul;12(3):225-30.
8. The expansions of the pectoral girdle muscles onto the brachial fascia: morphological aspects and spatial disposition. Stecco C, Porzionato A, Macchi V, Stecco A, Vigato E, Parenti A, Delmas V, Aldegheri R, De Caro R. Cells Tissues Organs. 2008;188(3):320-9.
9. Histotopographic study of the longitudinal anal muscle. Macchi V, Porzionato A, Stecco C, Benettazzo F, Stecco A, Parenti A, Dodi G, De Caro R. Pelviperineology 2007; 26: 30-32

Stefano Casedai, PT

EDUCATION: Alma Mater Studiorum, Bologna, Italy – 2008 Physiotherapy

PREGRADUATE TRAINING:

- 2005, Fascial Manipulation course, 1' and 2' level, University of Padua, Italy
- 2006, Fascial Manipulation course, upgrade of 1' and 2' level, Padua Orthopedic Clinic, Italy
- 2007, Fascial Manipulation course, upgrade of 2' level, Bologna University, Italy

POSTGRADUATE TRAINING:

- 2008, Fascial Manipulation course for visceral and inner dysfunction, 3' level
(Stecco's medical Center, Vicenza, Italy)
- 2010, Fascial Manipulation course for visceral and inner dysfunction, upgrade of 3' level
(Stecco's medical Center, Vicenza, Italy)

ACADEMIC APPOINTMENTS:

2008-2011 Clinical Assistant Professor of Fascial Manipulation

EMPLOYMENT HISTORY:

- Private Practice 2008 – Present
- Fascial Manipulation teacher , 2010 - present
- Sport and Work medicine Department, 2010 – present , Forlì, Italy
- Student Volunteer, 2007 , Vigorso Prothesis Center, Bologna, Italy

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APPOINTMENTS:

2009, Relator at International Fascia Congress , Vrije University, Amsterdam

(Oral presentation of the study : “Fascial Manipulation approach to the Phantom limb pain and neuropathic pain in amputees”)

PROFESSIONAL SOCIETIES:

Member, AIFI (Italian Physiotherapist Association)

Member, Fascial Manipulation Association

BIBLIOGRAPHY:

2011 “Lowback Pain”, Fascia Manipulation Approach to the Low back Pain chapter (Intech publisher)

CLINICAL RESEARCH:

2008, “Fascial Manipulation approach to the Phantom limb pain and neuropathic pain in amputees”

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