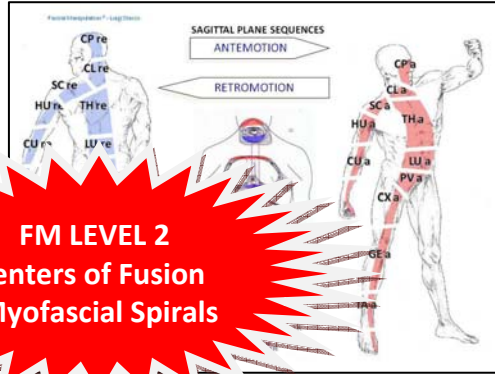


סילבוס קורס

Fascial Manipulation® Technique - LEVEL 2

בהנחיית:

Lorenzo Copetti, PT & Stefano Casadei, PT



FM LEVEL 2
Centers of Fusion
Myofascial Spirals

6 ימים (במתכונת הבינ"ל) - מפוצל על פני שבועיים:

רביעי-חמישי-שישי (16-17-18 בינואר, 2013) +

ראשון-שני-שלישי (20-21-22 בינואר, 2013)

(סיום בשישי עד שעה 14:30)

בית הספר לפיזיותרפיה "אסף הרופא"

הנחות בהרשמה מוקדמת עד ה - 30.10.2012

תכנית קורס (כפוף לשינויים):

Day 1

8.30 - 9.00	Welcome and Introduction to Course	Theory	h. 0.30
9.00 - 10.30	Centres of fusion - the role of retinacula in myofascial diagonals and spirals.	Theory	h. 1.30
10.30 - 10.50	Break		h. 0.20
10.50 - 12.30	Presentation of cases treated by Students since Level 1	Group work	h. 1.40
12.30 - 13.30	Lunch		h. 1.00
13.30 - 16.00	Revision of Centres of Coordination/Movement tests from Level 1	Group work with Instructor	h.2.30
16.00 - 16.20	Break		h.0.20
16.20 - 17.00	Revision of Centres of Coordination/Movement tests from Level 1	Group work with instructor	h.0.40
17.00 - 18.00	Fascia and physiology of motor control	Theory	h.1.00



Day 2

08.30 - 9.30	Myofascial diagonal and centres of Fusion: ante-latero	Theory/Demo	h 1.00
9.30 - 10.30	Myofascial diagonal and centres of fusion: ante-latero	Practical	h. 1.00
10.30 - 10.50	Break		h.0.20
10.50 - 11.50	Myofascial diagonal and centres of fusion: retro-medio	Theory/Demo	h.1.00
11.50 - 12.30	Myofascial diagonal and centres of fusion: retro-medio	Practical	h.0.40
12.30 - 13.30	Lunch		h.1.00
13.30 - 14.10	Postural adaptations and the fascial system	Theory	h. 0.40
14.10 - 15.30	Treatment of a patient by instructor	Demonstration	h. 1.20
15.30 - 15.50	Break		h. 0.20
15.50 - 18.00	Myofascial diagonal and centres of fusion: retro-latero	Theory/Demo Practical	h.2.10

Day 3

8.30 - 9.30	Myofascial diagonal and centers of fusion:ante-medio	Theory/Demo	h 1.00
9.30 - 10.30	Myofascial diagonal and centers of fusion: ante-medio	Practical	h. 1.00
10.30 - 10.50	Break		h .0.20
10.50 - 11.40	Presentation of cases treated by Students since Level 1	Group work	h. 0.40
11.40 - 12.30	The Global Assessment Chart	Theory	h.0.40
12.30 - 13.30	Lunch		h. 1.00
13.30 -15.30	Comparative assessment head and trunk, upper limb lower limb: CC and CF	Group work	h. 2.00
15.30 - 15.50	Break		h. 0.20
15.50 -17.30	Comparative assessment head and trunk, upper limb lower limb: CC and CF		h. 1.40
17.30 - 18.00	Questions		h. 0.30



Day 4

8.30 - 9.10	Myofascial Spirals	Theory	h. 0.40
9.10 - 10.20	Comparative assessment head and trunk, upper limb lower limb: CC and CF	Student practice	h. 1.10
10.20 - 10.40	Break		h.0.20
10.40 - 12.30	Comparative assessment head and trunk, upper limb lower limb: CC and CF	Student practice	h.1.50
12.30 - 13.30	Lunch		h.1.00
13.30 - 15.30	Compilation of assessment chart by students – hypothesis, movement tests, palpation, and treatment. Treatment of a patient by students	Group work	h. 2.00
15.30 - 15.50	Break		h.0.20
15.50 - 17.50	Presentation and discussion of cases treated by students	Group work	h 2.00

Day 5

8.30 - 9.30	Presentation and discussion of cases treated by Students	Group work	h. 1.00
9.30 - 10.30	Evolution of the myofascial sequences, diagonals, spirals	Theory	h.1.00
10.30 - 10.50	Break		h.0.20
10.50 - 12.30	Treatment of a patient by an instructor and discussion	Demonstration	h 1.40
12.30 - 13.30	Lunch		h. 1.00
13.30 - 15.30	The myofascial spiral of ante-latero and retro-medio	Theory /Demo /Practical	h.2.00
15.30 - 15.50	Break		h.0.20
15.50 - 17.50	The myofascial spiral of ante-latero and retro-medio	Theory /Demo /Practical	h.2.00
17.50 - 18.00	Question time		h.0.10



Day 6

08.30 - 10.00	Treatment strategies Level 2	Theory	h 1.30
10.00 - 11.00	Treatment of a patient by students	Group work	h.1.30
11.00 - 11.20	Break		h.0.20
11.20 - 12.30	Presentation and discussion of cases treated by Students	Group work	h. 1.10
12.30 - 13.30	Lunch		h.1.00
13.30 - 14.30	Exam Level 2	Exam	h.1.00
14.30 - 15.30	Diploma and closure of Level 2		h.1. 00

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].*



רפואת ספורט • שיקום • כושר



[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.
- [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. *Anatomo-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*

תיאור מפורט של השיטה:

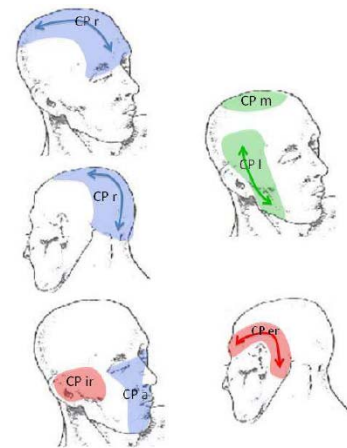
Short presentation of the Fascial Manipulation technique©:

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.





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



קורות חיים מפורטים של המנחים:

Lorenzo Copetti, PT



Lorenzo Copetti was born in Tolmezzo, Italy, and completed Physiotherapy in 1981 at I.R.M.F.R "Gervasutta", Udine, Italy.

He has been a private practitioner since 1982, with rooms in Tolmezzo (UD) and Tarcento (UD).

Specialization Courses attended

- 1984 "Global Postural re-education" with Ph. Souchard and collaborators
- 1985,1986: follow-up training in Global postural re-education
- 1986 Course in Shiatsu with Y.Muraglia, first level.
- 1989 Course of "Articular normalization" (osteopathic technique) with M. Bienfait and successive on-going training
- 1993 " Cyriax - orthopaedic medicine"
- 1996 Course of Cranial sacral harmonization (osteopathic technique) with M.Bienfait
- 1997 Course in Posturology with Ph Bricot and collaborators and follow-up in 1999
- 1997 Fascial Manipulation© (previously known as Neuroconnective technique) with L. Stecco and successive on-going training.
- 2002 Visceral Manipulation with A. van Köning
- 2008 Fascial Manipulation© 3rd level with Luigi Stecco and sons and successive on-going training in 2010

Teaching activities :

Authorized teacher of Fascial Manipulation© method since 1998. He has taught in Italy (Friuli Venezia Giulia, Veneto, Toscana, Marche, Emilia Romagna) , Poland (Poznan) and USA (Atlanta and Eugene)

From 1992 to 1995: teacher of Manual Therapy in the Regional school for Physiotherapists, Friuli V. Giulia, Italy.

From 1995: teacher of Manual Therapy at the University of Udine, for the degree course in Physiotherapy



President of the examination commission for the course in "General rehabilitation methodology and Manual Therapy", for the degree course in Physiotherapy, University of Udine.

He has been a relator for the following University theses:

1997 "Studio preliminare sul trattamento della lombosciatalgia associata ad ernia discale lombare mediante il massaggio neuroconnettivale"

2000 "Trattamento e risultati con la metodica del massaggio neuroconnettivale nella Sindrome del tunnel carpale"

2001 "Trattamento conservativo della tendinopatia della cuffia dei rotatori: confronto tra il massaggio neuroconnettivale e le metodiche riabilitative tradizionali"

2004 "Studio preliminare sulle modificazioni a distanza dell'apparato stomatognatico in seguito a trattamento di manipolazione della fascia"

2004 "Il trattamento del dolore nella spalla del paziente emiplegico mediante manipolazione neuroconnettivale della fascia"

2005" Misurazione delle variazioni della forza prima e dopo il trattamento di manipolazione della fascia tramite dinamometro isocinetico"

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

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 Physioterapist 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”