



סילבוס + מחקרים + תיאור השיטה + קורות חיים

קורס קליני מעשי בתרפיית -

Fascial Manipulation© Technique – LEVEL I

בהנחיית: Lorenzo Freschi, PT & Stefano Casadei, PT

הקורס במתכונת הבינלאומית המלאה (6 ימים):

+ רביעי-חמישי-שישי (7-8-9 בנובמבר 2012)
 ראשון-שני-שלישי (11-12-13 בנובמבר 2012)
 בית הספר לפיזיותרפיה "אסף הרופא"

הנחות לחברי עמותה / בוגרי קורסים של אקטיביקס!

הנחות בהרשמה קבוצתית!

הנחות בהרשמה מוקדמת עד ה- 15.9.2012!

מספר המקומות מוגבל – כל הקודם זוכה.

ביום ו' הקורס יסתיים ב 14:30



Day 1

08.30 - 9.00	Welcome and Introduction to Course	Preser
9.00 - 9.45	Basic Principles of Fascial Manipulation ©: fascial layers and continuity, histology, innervation	Theory h 0.45
9.45 - 10.00	Break	
10.00 - 11.15	Basic Principles of Fascial Manipulation (cont) Glossary of terms used in Fascial Manipulation©.	Theory h. 0.45 Theory h. 0.30
11.15 - 13.00	Sequence of antemotion: upper limb Presentation, demonstration of centres of coordination, movement tests, position of treatment,	Theory/Demo h. 1.00 Student practice h. 0.45
13.00 - 14.00	Lunch	
14.00 - 15.45	Sequence of antemotion : head and trunk	Theory/Demo h.1.00 Practical h. 0.45
15.45 - 16.00	Break	
16.00 - 17.30	Sequence of antemotion: lower limb	Theory/Demo h. 0.45 Practical h. 0.45

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ציוד לשיקום אקטיבי



מכשירי כושר



Day 2

08.30 - 9.30	Anatomy of the myofascial unit and mf sequences.	Theory h 1.00
9.30 - 11.00	Sequence of retromotion: upper limb	Theory h. 0.45 Demo/Practical h. 0.45
11.00 - 11.15	Break	
11.15 - 13.00	Sequence of retromotion: head and trunk	Theory h. 1.00 Demo/Practical h. 0.45
13.00 - 14.00	Lunch	
14.00 - 15.00	Manipulation of the Fascia - Treatment	Theory h. 1.00
15.00 - 15.45	Sequence of retromotion: lower limb	Theory Demo h. 0.45
15.45 - 16.00	Break	
16.00 - 16.45	Sequence of retromotion: lower limb	Practical h. 0.45
16.45 - 17.30	Meeting the authors....	

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מכשירי כושר



Day 3

8.30 - 10.00	The Assessment Chart for Fascial Manipulation (from anamnesis to hypothesis – significant questions, abbreviations; from hypothesis to treatment – procedure, verification)	Theory h 1.30
10.00 - 10.45	Sequence of mediomotion: upper limb	Theory/ Demo h. 0.45
10.45 - 11.00	Break	
11.00 - 11.45	Sequence of mediomotion: upper limb	Practical h. 0.45
11.45 - 13.00	Sequences of mediomotion: lower limb	Theory / Demo h. 0.45
13.00 -14.00	Lunch	
14.00 -15.00	Sequences of mediomotion: lower limb	Practical h. 0.45
15.00 -16.00	Sequence of mediomotion: head and trunk	Theory / Demo h. 1.00
16.00 -16.15	Break	
16.15 - 17.00	Sequence of mediomotion : head and trunk	Demo/Practical h. 0.45
17.00 - 18.30	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment.	Demonstration and discussion h. 1.30

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מכשירי כושר



Day 4

08.00 - 9.30	Sequence of lateromotion: upper limb	Theory h. 0.45 Demo/Practical h. 0.45
9.30 - 11.15	Sequences of lateromotion: head and trunk	Theory h. 1.00 Practical h. 0.45
11.00 - 11.15	Break	
11.15 - 13.00	Sequence of lateromotion: lower limb	Theory/Demo/ Practical h. 1.45
13.00 - 14.00	Lunch	
14.00 - 15.30	Sequences of extrarotation: upper limb	Theory /Demo h. 0.45 Practical h.0.45
15.30 - 15.45	Break	
15.45 - 17.30	Sequence extrarotation : head and trunk	Theory/Demo h 0.45 Practice h 1.00
17.30 - 18.15	Sequences of extrarotation: lower limb	Theory /Demo h. 0.45

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מכשירי כושר



Day 5

8.30 - 9.15	Sequence of extrarotation: lower limb	Practice 0.45
9.15 - 11.00	Sequence of intrarotation: upper limb	Theory/Demo/ h.0.45 Practical h.0.45
11.00 - 11.15	Break	
11.15 - 13.00	Sequence of intrarotation: head and trunk	Theory h. 1.00 Demo/Practical h. 0.45
13.00 - 14.00	Lunch	
14.00 - 15.30	Sequence of intrarotation: lower limb	Theory h.0.45 Demo/Practical h. 0.45
15.30 - 16.00	Assessment Chart for Fascial Manipulation	Theory
16.00 - 16.15	Break	
16.15 - 18.15	Compilation of assessment chart by students hypothesis, movement tests, palpatory verification, and treatment	Group work h 2.00

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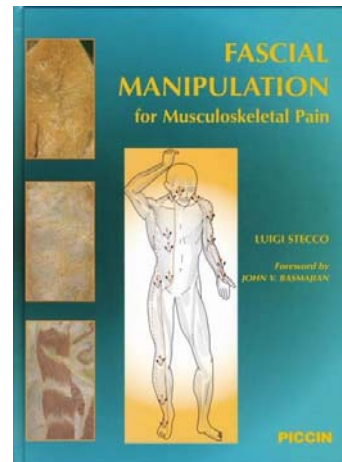
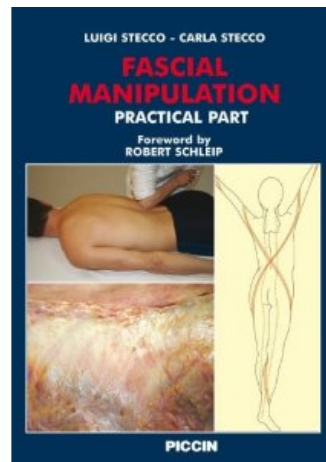


מכשירי כושר

Day 6

08.30 - 9.30	Presentation and discussion of cases by students	Discussion
9.30 - 10.30	Fascial Manipulation - treatment strategies, progression of treatment, patient advice	Theory h 1.00
10.30 - 11.00	Break	
11.00 - 12.00	Treatment of a patient by an instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment	Demonstration
12.00 - 12.45	Comparative assessment: movement and palpatory assessments of the lower limb	Group work h. 0.45
13.00 - 14.00	Lunch	
14.00 - 15.00	Comparative assessment: movement and palpatory assessments of the upper limb	Group work h. 1.00
15.00 - 16.00	Comparative assessment: movement and palpatory assessments of the head and trunk	Group work h.1. 00
16.00 - 16.15	Break	
16.15 - 17.30	Exam Level 1	h. 1.00
17.30 - 18.30	Diploma Ceremony	

* התכנים כפופים לשינויים ויותאמו לסיום ביום שישי בשעה 14:30.



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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:

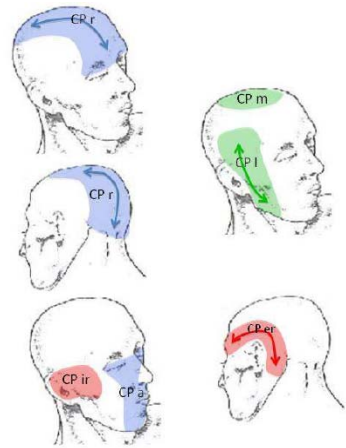
Short presentation of the Fascial Manipulation technique©:

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.





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:

PERSONAL DETAILS

Lorenzo Freschi Date of birth: 19-05-1971 Address: via Ungaretti n°222
cellphone: 0039 349 5331618 e-mail: freschi.lorenzo@gmail.com

PROFILE

Physiotherapist
Fascial Manipulation Teacher
Teacher of burn rehabilitation at Alma Mater Studiorum University of Bologna and at the University of Ferrara

TRAINING AND QUALIFICATIONS

- 2011 Corso di perfezionamento in manipolazione fasciale (teacher Luigi Stecco)
I attended one Fascial manipulation advanced course every year from 2001 to 2012
- 2011 Course of Fascial Manipulation for internal dysfunctions (Teacher Luigi Stecco , Carla Stecco and Antonio Stecco)
- 2009 Course of Fascial manipulation for internal dysfunctions (Teacher Luigi Stecco , Carla Stecco and Antonio Stecco)
- 2006 Course of critical appraising "lettura critica di letteratura scientifica"
- 2004, 2005, 2006 Course of advanced evidence based medicine:"la ricerca di evidenze scientifiche"(search of scientific evidence)
- 2001: Course of Fascial manipulation first and second level (teacher E. Borgini) in Cesena, Italy
- 2000: Course of Fascial manipulation first and second level (teacher E .Borgini) in Forlì, Italy
- 1998: Course of "Manipolazione Neuroconnettivale" (old name of fascial manipulation) (Teacher: Luigi Stecco)
- 1994: Graduate in Physiotherapy at the Regional School for Rehabilitation Therapist (University of Bologna, Italy)

PROFESSIONAL EXPERIENCE

From 2001 I have been supervisor of 3rd year Physiotherapy student from the University of Bologna and Ferrara during their orthopaedic clinical practice
1999 - Presently employed at the Physiotherapy department of the M. Bufalini Hospital in Cesena
1994 - 2005 Physiotherapist for " Carisp basket 82" basketball team

TEACHING EXPERIENCE

- 2012 Fascial Manipulation, 2nd level, Arcade Institute (Cesena , Italy)
- 2012 Fascial Manipulation, 1st level, Arcade Institute (Savignano, Italy)
- 2012 Fascial Manipulation, 2nd level, Prosperius Institute (Umbertide, Italy)
- 2012 Fascial Manipulation , 1st level, Prosperius Institute (Umbertide, Italy)
- 2012 Fascial Manipulation, 2nd level, Arcade Institute (Cesena , Italy)

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2012 Fascial Manipulation, 1st level, Arcade Institute (Savignano, Italy)

2012 Fascial Manipulation, 2nd level, Prosperius Institute (Umbertide, Italy)

2012 Fascial Manipulation, 1st level, Prosperius Institute (Umbertide, Italy)

2009 Burn patient rehabilitation (Verona University, in Rovereto Italy)

2007 Burn rehabilitation (Fermo, Italy)

2005- present Burn rehabilitation, (Bologna University)

2004- present Burn rehabilitation, (Ferrara University)

I have Courses planned in the following foreign countries for the next year : Brazil, U.S.A, South Africa and Israel.

TEACHING ASSISTANT EXPERIENCE

2008 Fascial Manipulation, 1st and 2nd level, Montegrotto Terme (Padova, Italy)

RESEARCH AREA

2006 -Present : Member of Medicine and Physiotherapy Research Team at the M. Bufalini Hospital, Cesena, Italy

CONFERENCES AND WORKSHOPS

I have been invited as a speaker in the following national conferences:

- ⤴ CO.R.TE congres 2010 Powerpoint presentation (Rome, Italy)
- ⤴ SIUst National congres 2010 Powerpoint presentation (Venice, Italy)
- ⤴ SIUst National congres 2002 Powerpoint presentation (Rimini, Italy)
- ⤴ SIUst National congres 2001 Powerpoint presentation (Milan, Italy)
- ⤴ SIUst (*Italian Burn Society*) National congres 1998 Powerpoint presentation (Turin, Italy)

PUBLICATIONS

- ⤴ 20th national congres Italian Society of Pediatric Neuro "La fisioterapia respiratoria in un reparto di patologia neonatale" 1994 (Respiratory physiotherapy in a neonatal pathology department)
- ⤴ Italian Pediatric Society "Fisioterapia respiratoria al neonato a rischio di displasia broncopolmonare: scheda di raccolta dati" (physiotherapy to the infant at risk for broncopulmonary dyspnea: card data deposit)
- ⤴ I have written a chapter of the book:"Le ferite acute. Assistenza e management delle ustioni, delle ferite chirurgiche e traumatiche" G. Caminati, A.Pagnetti, Mc Graw Hill (Acute wounds. Support and management of burn, surgical wounds and traumatic) may-june next output

MEMBERSHIP

Member of FMA (Fascial Manipulation Association) from 2010.

Member of T.U.P.C.R.E (physiotherapist.burn. Plastic. Reconstructive. Aesthetic Surgery)

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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 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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מערכות אימון מתקדמות



מכשיר שיקום מתקדם



המובילים ב רפואת ספורט



ציוד לשיקום אקטיבי



מכשירי כושר