

Theory and Practice of Fascial Treatment for Clinicians
Part I: Lower Trunk and Lower Extremity

Differential diagnosis of back pain, malfunction and complaints

Wednesday March 04, 2020		
14.00 - 14.15	Introduction of the course	Hannes Müller
14.15 - 15.30	Fascia Anatomy: general aspects	Stecco Carla
15.30 - 16.30	Histological aspects of the human fasciae	Stecco Carla
16.30 - 17.00	Break	
17.00 - 18.00	Presentation of the myofascial unit and the biomechanical model of Fascial Manipulation	Stecco Carla
18.00 - 18.30	The points of the back and pelvic regions	Giordani F.
18.30 - 19.30	Exercising of the points of the back and pelvis	All
19.30 - 20.00	Welcome	
Thursday March 05, 2020		
08.30 - 09.30	Role of fasciae in proprioception and pain	Stecco Carla
09.30 - 10.30	Fascia and ESWT	Hannes Müller
10.30 - 11.00	Break	
11.00 - 12.00	The thoracolumbar fascia	Stecco Carla
12.00 - 13.00	The points of the hip and knee	Giordani F.
13.00 - 14.00	Lunch	
14.00 - 15.00	Treatment techniques: manual manipulation technique, Dry Needling and ESWT: Hands-On / Exercising	All
15.00 - 16.00	The assessment chart of Fascial Manipulation	Stecco Carla
16.00 - 16.30	Break	
16.30 - 17.30	Ecographic evaluation of the muscular fasciae	Carmelo Pirri
17.30 - 18.00	Round Table Talk, Questions, Discussion	
Friday March 06, 2020		
08.30 - 09.30	The paratendineous tissue	Stecco Carla
09.30 - 10.30	The points of talus and foot	Giordani F.
10.30 - 11.00	Break	
11.00 - 12.00	Practical part: Hands-On / Exercising	All
12.00 - 13.00	Fascia and dry needling	Hannes Müller
13.00 - 14.00	Lunch	
14.00 - 15.00	The points of thorax and neck	Giordani F.
14.00 - 16.00	Practical part	All
16.00 - 16.30	Break	
16.30 - 18.00	Treatment of a patient according with FM	Stecco Carla
	Social dinner	
Saturday March 07, 2020		
08.30 - 9.30	Fascial densification or fascial fibrosis?	Stecco Carla
9.30 - 10.30	How to balance a fascial treatment	Stecco Carla
10.30 - 11.00	Break	
10.30 - 13.00	The participants complete an assessment chart and do a treatment	All
13.00 - 14.00	Lunch	
14.00 - 15.00	Revision of some assessment charts and treatments	All
15.00 - 15.30	Written test = examen	
15.30 - 16.00	Final talk and Discussion	