



## FASCIAL MANIPULATION® INTERNATIONAL SCHOOL

### AIMS

The main objective of the School is to create highly skilled individuals trained to apply the Fascial Manipulation method® in all areas.

The theoretical assumptions that support Fascial Manipulation are illustrated in detail, thanks to the participation of Carla Stecco MD, Professor of Anatomy at the University of Padua, and Antonio Stecco MD, assistant professor at New York University. Both will be discussing theoretical insights and scientific literature that support the method. There will also be experienced teachers of Fascial Manipulation®. They will be offering their practical knowledge in the treatment of the most frequent pathologies of clinical practice, addressing the aspects of patient assessment, diagnostics and treatment. During the first year, all the basic concepts of Fascial Manipulation® including Centres of Coordination (CCs) will be presented. Much of what will be presented will be based on the concept of sequences.

In the first half of the second year we present the Centres of Fusion (CFs) and their organization in diagonals and spirals to manage global motor movement.

In the second half of the second year, we present tensostructures and catenaries in order to evaluate patients with internal dysfunctions.

In the third year the catenaries are resumed and integrated with the systems and the treatment of superficial fascia.

The aim is to arrive at the end of the third year with a global vision of the patient skillfully treating with Fascial Manipulation®.

Due to the importance of clinical practice, each weekend will consist of treatment demonstrations by teachers. Specific clinical cases will be discussed. In addition, the participants of the School will have the opportunity to carry out practical training with external patients at the Fascial Manipulation Institute by Stecco in Padova

### WHO CAN ENROLL

The School is open to those who have successfully passed at least six semesters of post high School education that includes classes in anatomy, physiology and biomechanics. Proof of completion is necessary.

### NUMBER OF PARTICIPANTS

The class consists of a minimum of 28 participants and a maximum of 38 participants.

### REGISTRATION AND FEE

The selection of participants is made by the Scientific Committee based on the curriculum vitae.

People intending to enrol in the "Fascial Manipulation®" School are invited to send their CV to [info@fascialmanipulation.com](mailto:info@fascialmanipulation.com), which will be evaluated by the Scientific Committee.

If the response of the Scientific Committee is positive, the student will be asked to submit the documents necessary for registration and to pay the deposit of 500€ (+ VAT if applicable). This sum will be deducted from the last payment of the third year.

The annual fee is 2.200 euros. The annual fee can also be paid in two installments.

The annual fee also includes: online lessons, on-site lessons, training materials, internship, anatomical

dissection at the Institute of Anatomy in Padova, a social event for each session on site in Padova, diploma and title of "Certified Fascial Manipulation Specialist".

### PLANNING

The course of study is three years.

Each year we propose:

- on-line theoretical lessons: divided into 9 parts of about 4 hours each, which are loaded in the "Stecco Learning Environment" platform in October, November, December, January, March, April, May, July and September;
- practical lessons on site: 3 weekends in Padova of 5 days each (4 days of practical lessons + 1 day of internship with external patients or anatomical dissection), from 8.30 am to 6.00 pm: in February, June and October.

At the end of the third year, the participants must discuss the thesis, which allows them to obtain the diploma and also the title of "Certified Fascial Manipulation Specialist®"

### INFORMATION:

Secretariat:

E-mail: [info@fascialmanipulation.com](mailto:info@fascialmanipulation.com)  
Mobile. 348 72655553; Tel. 049 5462902

*Venue of the school:*

Fascial Manipulation Institute, Padova  
in via Cavalieri di Vittorio Veneto n° 19  
*Scientific Board:* Prof. Stecco Antonio

## **Preliminary program**

### *First year*

#### **SEQUENCES OF AN E RE**

Presentation of the sequence of AN and RE according to a new setting. Presentation of the MFU and the biomechanical model. Vector analysis of the muscle.

#### **SEQUENCES OF ME E LA**

Presentation of the sequence of ME and LA. Presentation of mono and biarticular muscles, microscopic aspects of the fascia and physiology.

#### **SEQUENCES OF IR E ER**

Presentation of the sequence of IR and ER. Role of fascia in peripheral motor coordination, proprioception and stereognosia. Evolution of the locomotor system.

#### **THE PLANES OF SPACE**

Lessons of topographic anatomy by regions, followed by comparative palpation of the CCs, with attention to stratification and treatment options. Motor verification and orthopedic tests. Comparison with acupuncture.

#### **TREATMENT STRATEGIES**

In-depth analysis of the different treatment methods of the various points. Data collection. Analysis of different clinical cases.

#### **CLINIC**

Fascia alterations. Role of the fascia in cervicobrachialgies and lumbosciatalgias. Treatment of neurological patients. Fascia imaging. Treatment strategies. Exam.

### *Second year*

#### **CFs AND DIAGONALS**

Review of the concepts presented during the first year, discussion of doubts. Presentation of CFs and diagonals

#### **CFs AND SPIRALS**

Presentation of the CFs organized in spirals. Long and short spirals. Sport and fascia. "Preventive" action of the FM. The management of the athlete's trauma

#### **THE MOTOR GESTURE**

Comparative palpation of CCs and CFs. Ultrasound analysis of the fascia. Treatment logic. Motor gesture analysis and treatment according to Fascial Manipulation. The role of the fascia in movement, proprioception and motor coordination. How to improve a motor gesture

#### **THE TENSOSTRUCTURES**

Basic principles of internal fascia. Concept of tensostructure and organ-fascial unit. Ganglia and plexis. Setting up of a treatment according to internistic concepts. Treatment of some clinical cases

#### **CATENARIES: SE-VI, SE-VA**

Continuity of the internal fascia. Concept of catenary. The apparatus-fascial sequences. Distal reflex pain. Setting up a comprehensive treatment. Presentation of the visceral and vascular sequences and the main dysfunctions of the gastrointestinal, respiratory, circulatory and urinary systems.

#### **CATENARIES: SE-GL, SE-RE**

Presentation of glandular and receptor sequences. Analysis of the main dysfunctions related to them

### *Third year*

#### **SUPERFICIAL FASCIA AND LYMPHATIC SYSTEM**

Review. Presentation of the superficial fascia. Dysfunction of the lymphatic-immune system. Manual skill for the treatment of quadrants with lymphatic alterations.

#### **ANATOMICAL DISSECTION - THE ADIPOSE SYSTEM**

Dissection of the fascia at the University of Padua. Treatment of the adipose-metabolic system. Clinical cases.

#### **THE SKIN-THERMOREGULATING SYSTEM**

Treatment of the skin-thermoregulator system. Compressive syndromes according to FM. The neurological exam.

#### **THE PSYCHIC SYSTEM**

Accomplishment of the systems explanation. Treatment of the psychic system.

#### **APPARATUS AND SYSTEMS PRACTICE**

How to handle a pediatric patient. Analysis of the main pediatric problems that can be treated with FM. Fascial Manipulation in pregnancy: indications and red flags

#### **GLOBAL ANALYSIS OF THE PATIENT**

How to handle multiproblematic patients. Summary FM+FMDI: indications on how to hold the interview and which data to hold. Practical and theoretical exam.