



## Fascial Manipulation® Level I hybrid

*“Manus sapiens potens est: only a knowledgeable hand is powerful”*

### Program part IA on-line (Self-Study)

#### STUDY ROOM: ANATOMY

Introduction	Prof Antonio Stecco
Fascial anatomy: The superficial fascia	Prof Carla Stecco
Muscular fasciae: gross anatomy	Prof Carla Stecco
The deep fascia: microscopic anatomy	Prof Carla Stecco
Anatomy of fasciae: the epimysial fascia	Prof Carla Stecco
Deep fascial Innervation	Prof Carla Stecco
20 multiple choice questions	

#### STUDY ROOM: BASIC SCIENCE

Physiology of the fascia	Prof Antonio Stecco
Biomechanical model in Fascial Manipulation®	Prof Antonio Stecco
Fascial Manipulation® assessment chart	Prof Antonio Stecco
Basic logics in fascial manipulation	Prof Antonio Stecco
Fascial Manipulation® case report	Prof Antonio Stecco
20 multiple choice questions	

#### STUDY ROOM: CLINICAL SCIENCE

Sequence of Antemotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Antemotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Retromotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco

Sequence of Retromotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Lateromotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Lateromotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Mediomotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Mediomotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Extramotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Extramotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Intramotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Intramotion: palpation and treatment positions	Prof Antonio Stecco
Movement verifications of all the body segments	Prof Antonio Stecco
20 multiple choice questions	
Webinar Q&A	

## Program part IB on-site

### Day 1<sup>st</sup>

08.30-09.45	Review of the basic principles: Fascial Manipulation®	Theory (Stecco)
09.45-10.30	Fascia and shock waves (ESWT)	Theory (Müller-Ehrenberg)
10.30-10.45	Break	
10.45-12.00	Review of the participants' assessment charts and questions and answers	Practical
12.00-13.00	Lunch	
13.00-14.00	Revision of the CCs of the head and trunk, movement verifications	Demo
14.00-15.00	Use of the ESWT in some points of the trunk, palpation of the points	Practical (Müller-Ehrenberg)
15.00-15.30	Break	
15.30 - 16.30	Revision of the CCs of the upper limb and Movement Verification	Demo

16.30-17.30	Use of the ESWT in the upper limb, palpation of the points	Practical (Müller-Ehrenberg)
-------------	--	------------------------------

## Day 2<sup>nd</sup>

08.30-09.30	Revision of the CCs of the lower limb and Movement Verification	Theory/Demo
09.30-10.30	Use of the ESWT in the points of the lower limb and palpation of the points	Practical (Müller-Ehrenberg)
10.30-10.45	Break	
10.45-12.00	Treatment Strategies: proximal-distal compensation, agonist-antagonist, silent points, latent points, global compensations in the trunk.	Theory (Stecco)
12.00-13.00	Lunch	
13.00-15.00	Compilation of assessment chart by students: hypothesis, movement tests, palpatory verification, and treatment	Group work
15.00-15.30	Break	
16.00-17.00	Presentation and discussion of chart by students	Discussion
17.00-17.45	Fascia and aging	Theory (Stecco)

## Day 3<sup>rd</sup>

08.30-10.30	Treatment of an external patient with FM	(Stecco)
10.30-11.00	Break	
11.00-12.00	Strategy for the second treatment	(Stecco)
12.00-13.00	Lunch	
13.00-15.00	Second treatment among participants	Group work
15.00-15.30	Break	
15.30-16.00	Discussion of the treatments and question time	Discussion
16:00-16:30	Presentation and basic principles of Fascial Manipulation level II	Theory (Stecco)
16.30-17.00	Exam and Conclusion	Evaluation

This program may be subject to changes according to organizational requirements