

2024 Annual Pain Care Skills Training (In-Person)

Workshop Title: Fascial Distortion Model (Learn Simple Hands-on Techniques to Treat Pain and Dysfunction During Your Next Office Visit)

Presented by: CPT Joshua Boucher

Offered: 21 AUG PM 1230-1630 ET

Location: NIH Natcher Center, Room

Course Description

Learn how to quickly restore function and decrease pain with a non-pharmacological approach to pain management. After a brief review of theory and evidence, attendees will be able to recognize fascial distortions, and then we will practice simple fascial distortion techniques that can be applied during routine office visits. The FDM is a tool used by providers of all backgrounds and specialties, the only pre-requisite is a desire to put down the prescription pad and help your patient today.

We will be using our thumbs to provide treatment according to the FDM, in preparation for the course please trim your thumbnails and avoid artificial nails. To better practice treatment on each other please wear loose fitted exercise clothing. We will be looking for demonstration patients so if you yourself, a loved one, or a patient you know of would be willing to be treated in front of the class please notify the course instructor.

Objectives:

1. Discuss the basic concepts and key tenets of the Fascial Distortion Model
2. Identify the 6 Fascial Distortions based on their gestures and know how to managed each one
3. Review published data on the efficacy of the Fascial Distortion Model
4. Practice the treatment of the Fascial Distortion Model on classmates

Agenda:

1230 – 1330: Presentation on basic concepts, identification, and literature review.

1330 – 1400: Presentation on management/treatment of the 6 distortions

1400 – 1515: Treatment demonstration

1515 – 1530: Break

1530 – 1630: Practice the treatment of each distortion on each other