

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

FDM – A Simple Manipulation Technique That Works Now (Fascial Distortion Model)

Presented by: MAJ Joshua Boucher and LT Allison Henkenius

Offered: 20 August 2025, 0730–1130 AM ET

Location: Partnership for Public Service, 6th Floor – Room 606

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 manage 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

20 August 0730–1130 AM ET

0730 – 0830 Presentation on basic concepts, identification, and literature review.

0830 – 0900 Presentation on management/treatment of the 6 distortions

0900 – 1015 Treatment demonstration

1015 – 1030 **Break**

1030 – 1130 Practice the treatment of each distortion on each other