

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

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

Presented by: MAJ Joshua Boucher

Offered: 18 August 2026; 1230-1630 PM ET

Location: National Union Building, Washington, DC

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.

Learning Objectives: Upon completion of this workshop, participants will be able to:

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

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

0830–1000 Presentation on management/treatment of the 6 distortions

1000–1015 Treatment demonstration

1015–1030 Break

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