



2019 AOASM & ARP Combined Meeting

May 1-5 • Pre-Con April 29-30

AT&T Center • The University of Texas at Austin

2019 AOASM Fascial Distortion Model Workshop

Workshop led by: Todd Capistrant, DO

Tuesday, April 30, 2019 • 8:00 a.m.-12:00 noon & 1:30 p.m.-5:30 p.m.

Fascial Distortion Model: a powerful tool in the quest to returning athletes back to participation and improving performance.

Course Description: In this introduction to the Fascial Distortion Model (FDM) learn how adding the principles of FDM to your thought process can improve an athlete's recovery and performance. We will explain why providers across the country call the FDM "the most powerful sideline tool I have!" By learning to think in the model and by applying simple manual therapy techniques that blend seamlessly with your osteopathic tool box, you will learn how to expand your differential diagnosis and quickly return athletes to participation. The principles of FDM are rapidly becoming a mainstay for athletes and teams. Attending this course will introduce you to the visual cues and verbal descriptions that drive the FDM. This is an opportunity for anyone, including those with little manual therapy experience, to bring hands-on techniques to their practice by practicing on your fellow attendees. We will discuss the basic principles of FDM while learning to address ankle, foot, and shoulder injuries. Participants will leave this one-day introduction with a powerful tool that can address injuries to the fascial matrix, taking our diagnosis beyond inflammation. Be ready to put these techniques into practice the next day in the clinic or on the sideline.

Your Workshop Registration Fee includes:

- Continental breakfast
- Refreshment breaks
- Workshop materials
- AOA Category **1-A** CME credit, BOC credit, and/or AMA credit hours

Agenda:

8:00 a.m.-9:30 a.m.	Introduction to the FDM
9:30 a.m.-10:30 a.m.	Introduction to Triggerband
10:30 a.m.-11:30 a.m.	Introduction to HTP
11:30 a.m.-12:00 noon	Treatment of volunteer patient
12:00 noon-1:00 p.m.	Lunch (on your own)
1:00 p.m.-2:30 p.m.	FDM treatment of the ankle with hands on
2:30 p.m.-4:00 p.m.	FDM treatment of the shoulder with hands on
4:00 p.m.-4:45 p.m.	Treatment of volunteer patients
4:45 p.m.-5:00 p.m.	Using FDM to expand your differential and closing thoughts