The Fascial Distortion Model: A Different Approach to Fascia

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Angela Lim DO 
Sandra Skates DO
Background & Personal Experience

- 2 physicians working together
- Pre Convocation 2016
- May 2016
Fascial Distortion Model Defined

The Fascial Distortion Model (FDM) is an anatomical perspective in which the underlying etiology of virtually every musculoskeletal injury (and many neurological and medical conditions as well) is considered to be comprised of one or more of six specific pathological alterations of the body’s connecting tissues (fascial bands, ligaments, tendons, retinacula, etc.). This model not only allows for strikingly effective manipulative treatments for diverse afflictions such as pulled muscles, fractures, and frozen shoulders, but the results are objective, obvious, measurable, and immediate. ¹
FDM: Early days

- Stephen Typaldos DO
  - First triggerband 1991
  - AAO Journal 1994, 1995
  - First book 1996
  - First Seminar 1997 in Vienna
  - First lecture in Japan 1998
  - First International Symposium 2001
  - Spring 2006 passed away
The 6 distortions

1. Triggerband (TB)
2. Herniated triggerpoint (HTP)
3. Continuum distortion (CD)
4. Folding distortion (FD)
5. Cylinder distortion (CyD)
6. Tectonic fixation (TF)
Triggerband

- Definition: Distorted banded fascial tissue
- Body language: sweeping motion with tips of fingers along pathway of pain
- Verbal description: burning, pulling, tethering, restricted motion
- Treatment: untwist the fibers and iron out the wrinkle
Herniated Triggerpoint

- **Definition:** protrusion of tissue through a fascial plane
- **Body language:** pushes with fingers or thumb into the area of pain
- **Verbal description:** aching, tightness in soft tissues
- **Treatment:** push protruding tissue below fascial plane
Continuum distortion

- Definition: alteration of transition zone between tissue types
- Body language: points with one finger to spot(s) of pain
- Verbal description: hurts in one spot
- Treatment: force osseous components in the transition zone to shift back into the bone
Folding distortion

- Definition: three dimensional alteration of fascial plane
- Body language: places hand over joint, holds joint
- Verbal description: aches deep in the joint, feels unstable
- Treatment: using traction or compression to unfold or refold tissues to undo the distortion
Cylinder Distortion

- **Definition:** tangling of circular or cylindrical fascia
- **Body language:** repeatedly squeezing soft tissue or broad sweeping motion of hand over wide area of discomfort
- **Verbal description:** pain that wakes me up, comes and goes, numbness, tingling, paresthesias, weird, bizarre
- **Treatment:** untangle overlapped fascial coils
Tectonic Fixation

- Definition: loss of ability of fascial surfaces to glide
- Body language: describes joint as stiff, may have significant loss of motion
- Verbal description: feels stuck, like it needs to pop
- Treatment: manual pumping to move synovial fluid in the joint followed by thrusting manipulations to force the fixed surfaces to slide
Workshop Preview

- Star triggerband
- Anterior ankle CD
- Bullseye HTP
FDM Today

- Europe: www.fdm-europe.com
- Asia: www.fdm.cc
- Africa: www.afdms.org
- United States: www.AFDMA.com
  - The FDM Academy: www.thefdmacademy.com
  - Core FDM: www.corefdm.org
- FDM-GO: www.fdm-go.com
References

FDM: An Introduction to the Fascial Distortion Model, Marjorie Kasten PT, 2010
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