

Fascial Distortion Model Module 2 Course

Introduction to FDM - Axial Spine

Module 2 emphasizes treatment of the axial spine, including cervical, thoracic, lumbar, and sacral disorders.

St. Mary's Hospital, Madison, Wisconsin

April 23-24, 2022 8am-5pm

Online Introduction to be completed prior to course start

Textbook recommended: <https://www.handspringpublishing.com/product/the-fascial-distortion-model/>

REGISTRATION:

20.0 AMA/AOA credit hours

RESIDENTS:	\$250
UW STATEWIDE OSTEOPATHIC COLLABORATIVE FACULTY:	\$500
CLINICIANS/PRACTITIONERS:	\$750

Questions regarding registration and policies – contact Denise.Hix@fammed.wisc.edu

Safety Precautions and Requirements:

- Participants must provide proof of COVID vaccination
- Masks must be worn at all times, with the exception of eating/drinking
- Face shields must be worn during hands-on instruction and practice
- Daily symptom self assessment

INSTRUCTOR

TODD CAPISTRANT, DO



Dr. Capistrant earned both his Doctor of Osteopathic Medicine degree and his Master in Health Care Administration degree in 1997 from the Des Moines (Iowa) University College of Osteopathic Medicine. He is certified to teach the Fascial Distortion Model through the American Fascial Distortion Model Association. He is currently the president -elect of AFDMA. He has taught the Fascial Distortion Model throughout the U.S. as well as in Europe. He works to spread the concepts of FDM by teaching at osteopathic medical schools and through various seminars around the country.

Dr. Capistrant specializes in osteopathic manipulative medicine (OMM), and he is certified by the American Board of Family Medicine and the ACOFP. He is a member of the growing OMM department at the Foundation Health Partners Osteopathic Manipulative Medicine Clinic in Fairbanks, Alaska.

<https://www.thefdmacademy.com/>

FDM is open to DO, MD, NP, PA-C, PT, PTA, OT, ATC, DC, ND, DDS, DMD, DPM, healthcare professional students, and Certified Structural Integration practitioners only at this time. PTAs are advised to only practice FDM under the direction of an FDM-trained PT.

Agenda:

Four hours of online introduction **required** prior to Day 1

Includes the Fascial Distortion Model, History, FDM Terminology, Fascia, hand gesture patterns

Day 1

- General Treatment of Fascial Distortions - Theory - TB
- Hands-on Treatment of TB's
- General Treatment of HTP's
- Hands on Treatment of HTP's
- General Treatment of Fascial Distortions – Theory – CD
- Hands-on Treatment of CD's
- Treatment Demo
- General Treatment of FD/inversion Theory
- Hands-On Treatment of FD
- General Treatment– Theory – CyD & TF
- Hands-on Treatment of CyD & TF
- Diagnosis and Treatment of the Lumbar Spine
- Hands-on Treatment of the Lumbar Spine
- Treatment Demo – time with inversion equipment

Day 2

- Diagnosis and Treatment of the Thoracic Spine
- Hands on Treatment of the Thoracic Spine
- Diagnosis and Treatment of Cervical spine
- Hands on Treatment of Cervical Spine
- Treatment demo
- Diagnosis and Treatment of the Pelvis and Sacrum
- Hands-on Treatment of the Pelvis and Sacrum
- FDM treatment of Hip Theory and Hands-on
- Treatment Demo
- The Future of the FDM - Closing comments/questions



Department of Family Medicine
and Community Health

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Fascial Distortion Model

April 23-24

St. Mary's Hospital, Madison, Wisconsin

9:00 AM – 3:30 PM

4 hours online instruction required to be completed prior to April 23rd

Module 2 – FDM Introduction + Spine Emphasis

Learning Objectives:

- ▶ Attendees will be able to describe the 6 fascial distortions.
- ▶ Attendees will be able to identify the 6 fascial distortions based on gesture and verbal description.
- ▶ Attendees will be able to identify and treat the fascial distortions in low back pain.
- ▶ Attendees will be able to treat the fascial distortions in neck pain.

Intended Audience: Physicians, Physical Therapists, Residents

Disclosure: The presenters and the planning team have no relevant financial interests to disclose. We have not received any commercial support for this activity.

Accreditation and Credit Designation Statements

In support of improving patient care, this activity has been planned and implemented by SSM Health and UW DFMCH Statewide Osteopathic Collaborative. SSM Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

ACCME – Physicians SSM Health designates this live activity for a maximum of 20.0 *AMA PRA Category 1 Credit(s)*[™].

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Wisconsin Association of Osteopathic Physicians & Surgeons (WAOPS) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The WAOPS designates this program for a maximum of 20.0 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

