FASCIAL DISTORTION MODEL

PRINCIPLES OF THE FASCIAL DISTORTION MODEL
FIND IT & FIX IT FAST

WHAT IS FASCIAL DISTORTION MODEL (FDM)?

▸ The Fascial Distortion Model (FDM) is an anatomical perspective in which the underlying etiology of virtually every musculoskeletal injury 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.)

ADVANTAGES OF FASCIAL DISTORTION MODEL (FDM)?

▸ This Model not only allows for strikingly effective manipulative treatments for diverse afflictions such as ankle sprains, pulled muscles, fractures, and frozen shoulder, but the results are objective, obvious, measurable, reproducible and immediate.

6 TYPES OF FASCIAL DISTORTIONS

▸ **Triggerbands** – distorted banded fascial tissue, most common distortion

▸ **Herniated Triggerpoints** – abnormal protrusion of tissue through fascial plane

▸ **Continuum Distortions** – alteration of transition zone between connective tissue and bone

6 TYPES OF FASCIAL DISTORTIONS

 ▸ **Folding Distortions** – three-dimensional alteration of fascial plane

 ▸ **Cylinder Distortions** – overlapping of cylindrical fascial coils

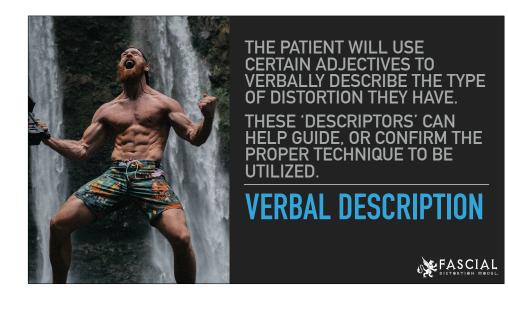 ▸ **Tectonic Fixations** – alteration in ability of surfaces to glide

THIS IS THE PATIENT'S PHYSICAL COMMUNICATION DEMONSTRATING WHAT TYPE OF DISTORTION HE/SHE IS SUFFERING FROM, AND HOW WE DECIDE WHICH TECHNIQUE TO USE TO CORRECT IT.

BODY LANGUAGE

THE PATIENT WILL USE CERTAIN ADJECTIVES TO VERBALLY DESCRIBE THE TYPE OF DISTORTION THEY HAVE.

THESE 'DESCRIPTORS' CAN HELP GUIDE, OR CONFIRM THE PROPER TECHNIQUE TO BE UTILIZED.

VERBAL DESCRIPTION

THE MORE ACCURATELY A PATIENT CAN RECOUNT AND DESCRIBE THE INJURY, THE EASIER IT IS FOR THE DOCTOR TO DECIDE WHICH CORRECTIVE TECHNIQUE TO USE.
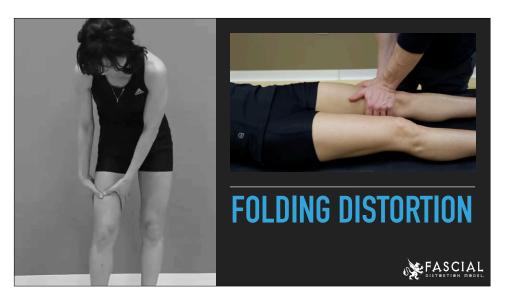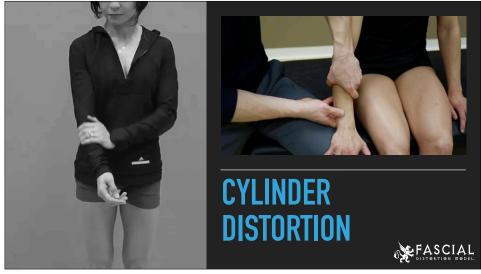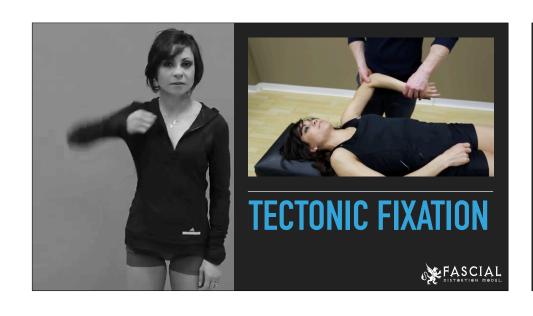
MECHANISM OF INJURY

TESTIMONIAL

"FDM BRINGS TOGETHER A VARIETY OF SOFT-TISSUE SKILLS INTO ONE APPROACH INSTEAD OF A DOGMATIC, ONE-TECHNIQUE-FITS-ALL. THE INSTRUCTORS TRULY WANT TO MAKE SURE YOU UNDERSTAND THE APPROACH."

Keenan Robinson
High Performance Director — USA Swimming

HERNIATED TRIGGERPOINT

TRIGGERBANDS

CONTINUUM DISTORTION

FOLDING DISTORTION

CYLINDER DISTORTION

TECTONIC FIXATION

SPORT GROUPS THAT USE FASCIAL DISTORTION MODEL