

FASCIAL ABRASION TECHNIQUE™

FOR HEALTH CARE PROVIDERS

Date: Thursday May 15, 2014

Name of Facility: Northeastern University Campus

Facility Address: 360 Huntington Ave
Boston MA

Time: 9:00am to 6:00pm

Register online at:
www.FAT-TOOL.com

What is Fascial Abrasion Technique™ and what are the potential benefits?

Fascial Abrasion Technique involves releasing movement-restricted fascial tension in underlying soft tissue. This technique specifically targets and loosens the fascia that surrounds and interconnects muscle tissue that when tight, can restrict range of motion and impair quality of movement. Performance tissue mobilization uses a specialized, patented tool called the Fascial Abrasion Technique Tool or FAT-Tool.



The Benefits of Soft Tissue Mobilization using the FAT-Tool

Tissue mobilization using the FAT-Tool is a quick and highly effective tool for Healthcare providers to improve quality of movement and normalize fascial mobility for their patients. Correct use of the FAT-Tool allows you to quickly solve and release troublesome areas of tissue tightness and restricted range of motion and in so doing, support improved patient outcomes.

The FAT-Tool...

The revolutionary design of the FAT tool features multiple treatment surfaces and edges in an all-in-one, tool. In addition, tissue tension release is enhanced with the unique, patented textured finish, which allows for superior grip of the fascia with less direct pressure applied to the surface of the skin.

Healthcare providers will learn techniques using the FAT-Tool to release areas of tissue tension and improve range of motion and quality of movement for their patients. Participants will learn about the role of fascia, the theory and principles of fascial mobilization, how to assess areas of fascial restriction and how to use the FAT tool to achieve release of fascial tension.



This course will teach healthcare providers tissue tension assessment and fascial mobilization techniques, using the FAT-Tool. The 1 day course will include a mixture of classroom presentations and practical lab sessions that will allow for extensive practice, with hands-on feedback and guidance from the course instructors. During the practical lab sessions, participants will learn how to perform and interpret tissue tension assessments and the appropriate associated tissue mobilization techniques. Extensive opportunities for feedback and practice in the hands-on lab sessions is a key feature of this course, ensuring that participants develop assessment and tissue mobilization skills and techniques that will translate directly to improved outcomes for their patients.



Dr. Scappaticci, DC, BSc(Hons), DAp, FCCSS, CKTI, is the originator of *Functional Integrated Therapy*™ an innovative and highly successful approach used to manage injuries and enhance athletic performance. He manages recovery and performance optimization for top professional and amateur athletes from around the world. The list of athletes he has treated includes top performers from players in the National Hockey League, the Major League Baseball, the National Football League, the National Basketball Association, the Canadian Football League as well as Olympic and World Championship track and field athletes. Dr. Scappaticci is a doctor of Chiropractic with a fellowship in Chiropractic Sports Sciences, a Lead instructor of Active Release Techniques, past associate director of the McMaster sports medical acupuncture program, past certified Kinesio Taping Instructor, as well as being the developer of the Fascial Abrasion Technique and Tool.

Course Outline

Topic	Method	Details / Process
Introduction	Instructor and participant introduction	<ul style="list-style-type: none"> ▪ Course Introduction ▪ Course Objectives ▪ Agenda & Format ▪ Participant Materials
Fascial Anatomy Fundamentals:	Lecture	<ul style="list-style-type: none"> ▪ What is Fascia ▪ Key Characteristics ▪ How Increased Tissue Tension Occurs ▪ Effects
Fascial Mobilization using the FAT-Tool	Demonstration and participant Activity	<ul style="list-style-type: none"> ▪ How it works ▪ Features of the FAT tool ▪ Treatment shapes, edges and surface ▪ Indications ▪ Contra Indications
Using the FAT-Tool	Demonstration and Participant Activity	<ul style="list-style-type: none"> ▪ Three Basic Strokes ▪ Use of Warming Balm ▪ Common Mistakes
Regional Assessment and Practice Lab	Lecture, demonstration and participant practice lab	<ul style="list-style-type: none"> ▪ Shoulder ▪ Back ▪ Hips ▪ Knee ▪ Ankles
Summary Review & Evaluation	Learning-based evaluation and final practice	<ul style="list-style-type: none"> ▪ Summary ▪ Participant test/demonstration ▪ Instructor feedback to ensure proper technique

