



MOLINARI INSTITUTE of HEALTH

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The fascial component in osteopathic practice

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Ios - Greece

Course outline:

As a structural element of the body connective system, fascia can be considered as a ubiquitous tissue permeating the whole organism. It seems to respond to cellular and macroscopic lines of tension by reorganizing itself accordingly. From this perspective, the repercussion of a fascial restriction will be body-wide and may potentially create stress on any structure enveloped by fascia itself. Yet osteopathic fascial treatment aims to release such tensions, to restore function and to balance the inherent body mechanisms, so to be often proposed as an adjunctive treatment for various conditions. This course will offer an overview of the most common fascial techniques used within the osteopathic armamentarium, together with their different forms of application, ranging from indirect, direct to combined method. To guide the clinician through the understanding and the application of such fascial tools, various evidence-based mechanisms as well as different hypothesis based on osteopathic principles will be proposed and discussed.

Objectives:

- To present the connective tissue as the major bio-mechanical and bio-electrical mediator of the structure and function interrelationship;
- To propose various fascial mechanisms by which somatic dysfunction may be induced and maintained;
- To illustrate the most common fascial techniques in osteopathic practice
- To propose different fascia-mediated mechanisms behind the OMT efficacy and effectiveness.