

## What Conditions Can FM<sup>®</sup> Treat?

With fascia being continuous throughout the body and influencing tissues from head to toe, FM<sup>®</sup> can be used to treat a wide variety of issues:

- Osteoarthritis of the spine and extremities
- Degenerative disc/joint disease
- Low back and neck pain, whiplash
- Rotator cuff problems, frozen shoulder
- Sciatica
- Carpal Tunnel Symptoms
- Headache, temporomandibular joint
- Plantar fasciitis and heel spurs
- Pelvic problems (pain, bowel/bladder issues, IBS, dysmenorrhea, prostatitis)
- Restless Legs Syndrome
- Dizziness and Vertigo
- Athletic injuries and sports performance
- Additional conditions not listed here



## Does FM<sup>®</sup> Require Specialized Training?

Yes. While our educational preparation to be a physical therapist is extensive (~ 7 years), it typically does not include such focused attention to the fascial system. Recognizing the effectiveness of this approach, the therapists at Appalachian Physical Therapy have pursued extensive training in FM<sup>®</sup>, and continue to study and attend additional courses. More commonly accepted and utilized overseas (especially in Italy where it originated), FM<sup>®</sup> is slowly becoming more widely utilized in the United States. Our experience and expertise allow us to be leaders and mentors for therapists using FM<sup>®</sup> both within and outside of our clinic.



For additional information please stop by our office, contact us by phone, visit our website, or email us at [apt@aptfc.com](mailto:apt@aptfc.com).

*In many cases a referral is not necessary, and insurance may cover.*

*Se habla español!*

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**Appalachian Physical Therapy**  
*"There's a difference you can feel"*



**FASCIA**

The Fascinating  
Tissue That Governs  
How We Move

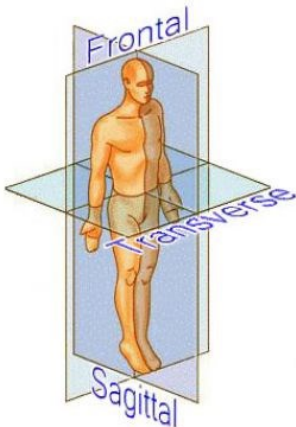
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## What is Fascia?

Fascia is the white-ish tissue that can be thin and filmy in some places and very thick and tough in others. It is comprised largely of collagen fiber bundles. Continuous throughout the body from head to toe, front to back, and right to left, there is no tissue that is *not* surrounded and influenced by fascia: bone, nerve, muscle, blood vessel, lymphatics, bowel, bladder, and stomach just to name a few. Fascia permeates our musculoskeletal system encasing muscles by groups, individual muscles, and even each single muscle fiber in an uninterrupted tensile network. This arrangement governs movement of the trunk and extremities in all three planes: frontal, sagittal, and transverse.



The presence of the biochemical *Hyaluron* creates vital spacing between fascial layers allowing for healthy passage of blood vessels, lymph ducts, and nerves.

Hyaluron also provides lubrication between fascial layers, which allows for normal trunk and limb movement. Fascia is highly innervated, communicating with the nervous system to perceive tension, pain, position, and movement. Historically, the important role fascia plays in healthy tissues and body function has been grossly underestimated. Research is helping to improve our understanding.

## What Can Go Wrong?

Research reveals that fascia, much like the muscle it enfolds, is subject to overload—not just with trauma, but also with everyday activities. 20-30 minutes of a sustained posture or activity has been shown to alter the function of Hyaluron in providing space and lubrication between fascial layers, creating what is called a *densification*. The sustained presence of densifications between fascial layers alters movement and can cause a variety of problems including:

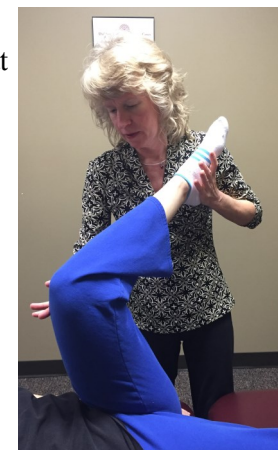
- Pain
- Restricted range of motion
- Loss of strength/endurance, sensation, balance, and function
- Wear and tear on joints, discs, tendons, meniscus, cartilage, bursa, and everything caught in the middle
- Compression of structures surrounded by fascia (muscles, blood and lymph vessels, internal organs, and nerves).



## Can It Be Treated?

Removing densifications and restoring spacing and lubrication between fascial layers is key. A technique called *Fascial Manipulation*<sup>®</sup> (FM) can be very helpful for this. FM<sup>®</sup> involves the application of pressure and friction at specific densification sites where muscle and fascial forces converge to control movement of a body segment in a particular direction. These fascial problems are identified and resolved in a straightforward manner:

1. Identify the body segment and movement that is restricted, painful, stiff, or weak with simple movement tests.
2. Using manual techniques, restore vital spacing between layers as well as the ability of the fascia layers to slide and glide.
3. Retest with repeat of the same faulty movements initially identified.



Fascial dysfunction should be considered when conditions occur or return for no apparent reason, when tests are negative, and when the desire is to avoid drugs and surgery. The FM<sup>®</sup> approach embraces a total body concept, based on the continuous nature of fascia throughout the body. It provides an explanation as to how pain in one area may be influenced by a problem in another area. In other words, where it hurts is not always where the problem is, so your therapist may recommend treatment at a site remote to your main complaint.