



ECHO Idaho: Opioid Addiction and Treatment TeleECHO™ Session

Fascial Distortion Model manual therapy

8/16/18

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The speaker has significant financial conflicts of interest to disclose.

Disclosures

- Matt Booth is co-owner of and an instructor for FDM Academy, LLC.

Learning Objectives

- Awareness of Fascial Distortion Model as an alternative treatment for pain.
- Awareness of different patient hand gestures designating pain or stiffness.

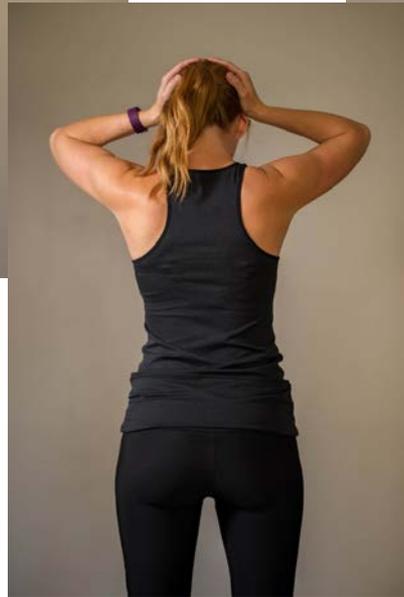
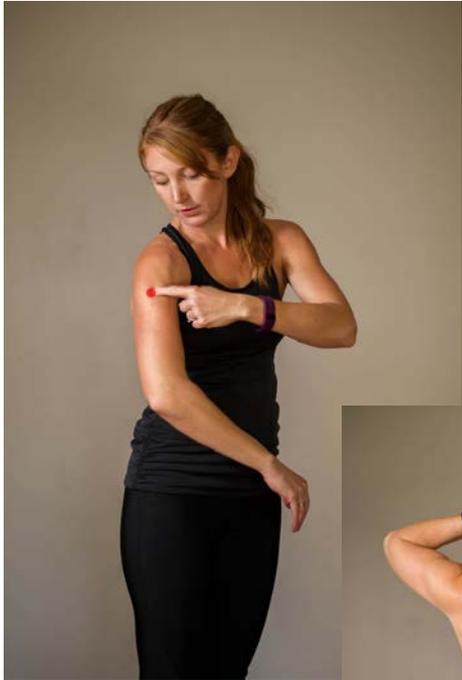
Fascial Distortion Model

- Based on simple principles of personal experience and observation
- Patients intuitively know what needs to happen to feel better
- Patients communicate this through consistent verbal and body language
- This system of knowing and communicating is inherent in the Fascia, and is universal.

Star Triggerband



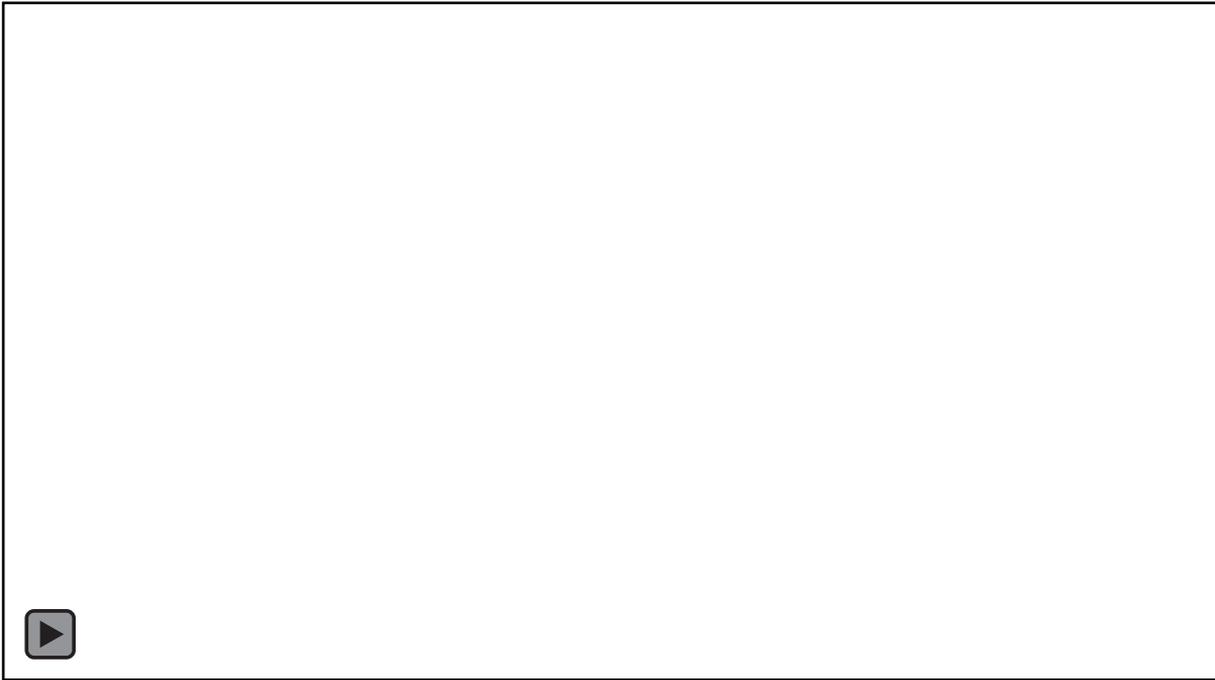
Universal Body Language

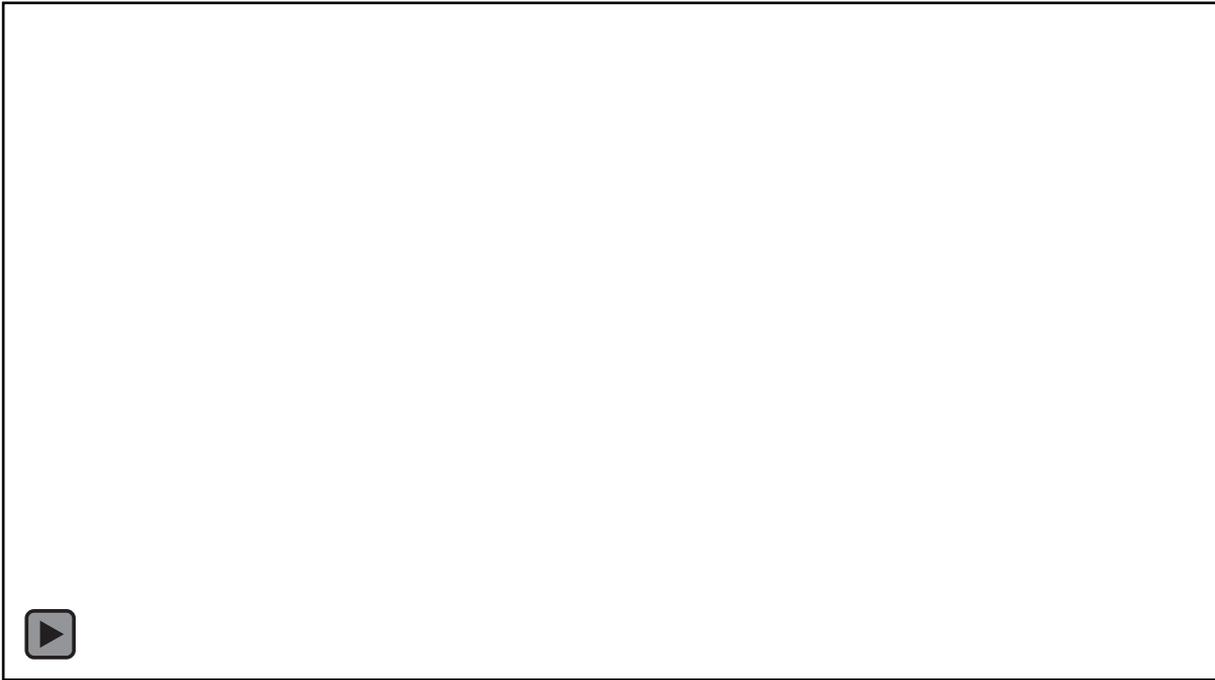


Six Principal Types of Fascial Distortions

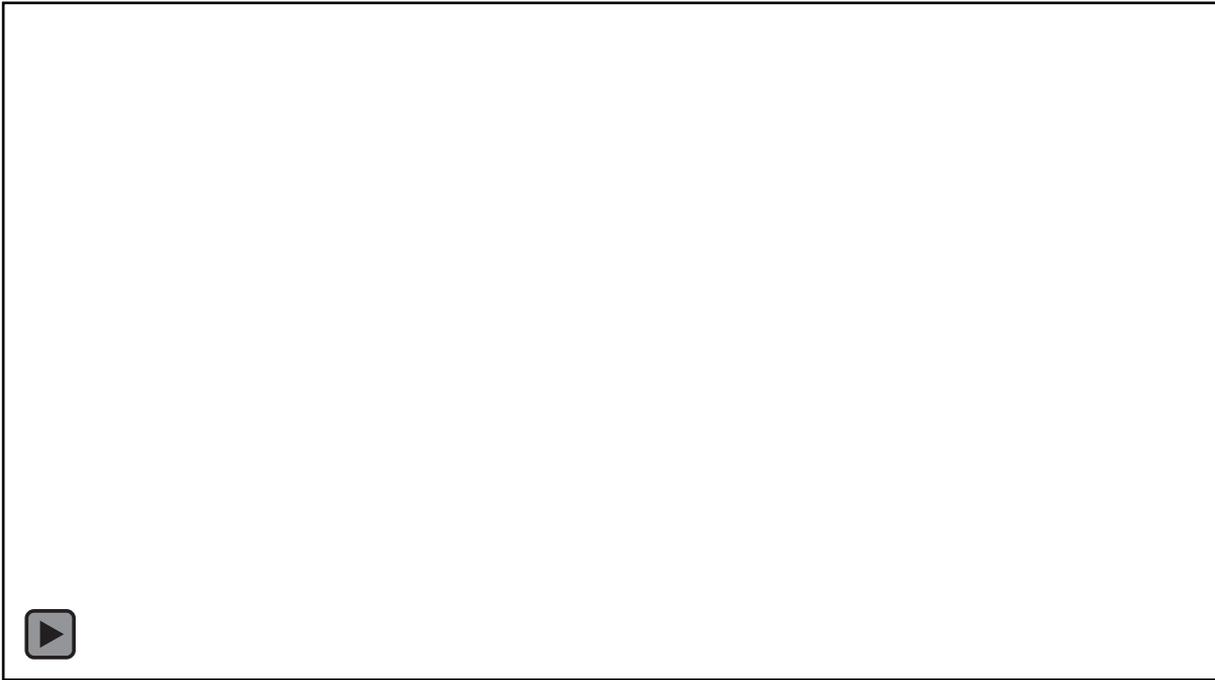
- Triggerband
- Herniated Triggerpoint
- Continuum Distortion
- Folding Distortion
- Cylinder Distortion
- Tectonic Fixation











Results of Treatment in the Fascial Distortion Model

- Immediate
- Measurable
- Objective
- Obvious
- Predictable
- Reproducible



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Efficacy of Fascial Distortion Model Treatment for Acute, Nonspecific Low-Back Pain in Primary Care: A Prospective Controlled Trial.

Richter D, et al. Altern Ther Health Med. 2017.

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Abstract

Context • Low-back pain (LBP) is a prevalent and potentially crippling condition for which treatment is often unsatisfactory from the perspectives of physicians, patients, and payers. The application of the fascial distortion model (FDM), an integrated concept for the diagnosis and manipulative treatment of musculoskeletal disorders, is conceptually promising for LBP but has not been investigated systematically. **Objective** • The study intended to provide proof of concept to establish the noninferiority of the FDM treatment as opposed to the therapy recommended by the German National Disease Management Guideline (NDMG) for acute LBP. **Design** • The study was a prospective, nonrandomized, controlled, parallel-group trial. **Setting** • The study took place in a private practice for surgery and orthopedics. **Participants** • Seventy-seven outpatients with acute LBP with an average age of 42.6 ± 13.5 y, 50.6% of whom were male, took part in the study.

Similar articles

[American Osteopathic Association Guidelines for Osteopathic Manipulative Treatment \(OMT\) for Patients With Low Back Pain.](#)

Task Force on the Low Back Pain Clinical Practice Guidelines., et al. J Am Osteopath Assoc. 2016.

[\[Efficacy of a manual treatment method according to the fascial distortion model in the management of contracted \("frozen"\) shoulder\].](#)

Randomized controlled trial

Fink M, et al. Z Orthop Unfall. 2012.

[Is immediate imaging important in managing low back pain?](#)

Andersen JC, et al. J Athl Train. 2011.

[Osteopathic manipulative treatment for nonspecific low back pain: a systematic review and meta-analysis.](#)

Review article

Franke H, et al. BMC Musculoskelet Disord. 2014.



Key Points

- Fascial Distortion Model is a new alternative for treatment of pain, stiffness, and some neurological symptoms.
- FDM is guided by patients' natural tendency to show their symptoms with common gestures.
- FDM may allow for faster resolution of pain with less use of medications.

References

- Typaldos,S. (2002) FDM Clinical and Theoretical Application of the Fascial Distortion Model With in the practice of Medicine and Surgery. Typaldos Publishing Company
- Efficacy of Fascial Distortion Model for Acute, Nonspecific Low-back Pain in Primary Care: A Prospective Controlled Trial. Richter D, et al Altern Ther Health Med. 2017.