**Title and outline of the course:**

**The fascial element in osteopathic practice**
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 methods. 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.

**Program LEVEL I**

The fascial continuum in its structure and function: introduction to the main anatomical and physiological properties of fascia

Dimensional palpation of the various connective tissues level

The connective tissue from a tensegritive prospective:  from cellular to body level from an osteopathic perspective

Global and local tenso-compression test and treatment

The Zink test: evaluation and treatment of the fascial system

The fascial tubes system: assessment and balancing of the meningeal, visceral and axial fascial tubes

The fascial rhythm: evaluation of its properties and anomalies through general/remote and focal/local listening

**PROGRAM LEVEL II**

Indirect and direct fascial techniques: principles, methods of their application and practice

The Fascial Unwinding: History, Principles, Methods of application

Practice of  local and global fascial unwinding

Rationale, Evidences, Indications and counterindications of osteopathic fascial work

The Still Technique: History,  Principles, Methods of application

The Still Technique applied to fascia

The osteopathic approach to scar tissue