

FASCIAL ABRASION TECHNIQUE™

FOR HEALTH CARE PROVIDERS



Why Fascial Abrasion Technique™?

Fascial Abrasion Technique, using the specially designed FAT-Tool, involves releasing movement-restricted fascial tension in underlying soft tissues. This technique specifically targets and loosens the fascia that surrounds and interconnects muscle tissue. When tight, the fascia can restrict range of motion and impair quality of movement.

FASCIAL ABRASION TECHNIQUE
PROFESSIONAL SET



FAT-Tool™
www.FAT-Tool.com

The Benefits of Soft Tissue Mobilization Using the FAT-Tool

Tissue mobilization using the FAT-Tool is a quick and highly effective method for Health Care Providers to improve quality of movement and normalize fascial mobility for their clients. Correct use of the FAT-Tool allows the quick release of troublesome areas of tissue tightness and restricted range of motion, thereby supporting improved motor control.

What is 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.

www.thefitinstitute.com

Course Objectives and Format

Participants will learn techniques using the FAT-Tool to release areas of tissue tension and improve range of motion and quality of movement for their clients. 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 tissue tension assessment and fascial mobilization techniques using the FAT-Tool. The one-day course will include a mixture of classroom presentations and practical lab sessions that will allow for extensive hands-on practice, with 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. The extensive opportunities for direct feedback and intensive practice during the lab sessions are 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.



The Instructor

Dr. Scappaticci, DC, BSc(Hons), DAp, FRCCSS©, 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 the National Hockey League, Major League Baseball, the National Football League, the National Basketball Association and 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 the developer of the Fascial Abrasion Technique and Tool.

Register online at www.FAT-Tool.com

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



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