

Functional Fascial Taping® *Distract Tissue and Apply Tension/Load.*

Presented by Continuing Physical Therapy Education, University of Saskatchewan



Course Description:

This interactive workshop demonstrates an innovative and simple way for clinicians to use tape to assist the treatment of musculoskeletal pathologies. The taping technique has two main purposes. The first is a simple alternative for pain management, as FFT® can quickly decrease pain, which allows rehabilitation in a pain free environment. The second purpose is to offer a sustained load to tissues. Participants will observe 3 key benefits: altered load at rest, active increased load (patient self administered treatment) and frequent alterations of load with activity, which is custom made for each patient/athlete for an extended and pre-determined period of time.

This method can be used in conjunction with any standard treatment of musculoskeletal pathologies and encourages patients to actively participate in their own treatment and rehabilitation. For the patient this can mean an earlier return to work, for an athlete this has the ability to help maintain higher levels of training and competition, for the clinician it allows for a more accurate way to address the other presenting signs and symptoms of musculoskeletal pathologies. FFT can be used to determine soft tissue dysfunction in the body, with a high degree of accuracy.

The FFT assessment procedure has specific direction variability. The applied load from the tape potentially remodels the internal architecture of connective tissue, which includes the fascia and this may change mechanoreceptor activation. The effect of FFT has been demonstrated in a Randomised Double Blind Clinical Trial conducted at Deakin University, Melbourne. Video cases studies showing its effect, along with a number of the testimonials and articles published on the topic are available on www.fft.net.au.

FFT is non-invasive, immediate, functional and an objective way to decrease musculoskeletal pain. Through demonstration, hands on guidance, supported by scientific evidence, participants will see and experience the effects of FFT. This will allow the therapist to immediately incorporate FFT principles and concepts into clinical practice.

Learning Objectives:

On completion of this course a participant will be able to:

1. Demonstrate the use of digital distraction to assess if functional fascial taping will be effective in a presenting patient.
2. Safely and effectively apply functional fascial taping to a

- given body part including the spine, lower limb and upper limb.
3. Justify their rationale for choice of taping direction
 4. Plan and justify the progression of treatment using functional fascial taping
 5. Plan how functional fascial taping will integrate with other treatment interventions.

Target Audience: Physical Therapists, Athletic Therapists, Kinesiologists, Chiropractors, Massage Therapists

Course Schedule:

Day 1: Introduction and the Upper Quadrant

- Introduction to FFT & Demonstration
- FFT technique & Demonstration
- Group exercise – Lumbar spine flexion and rotation & Demonstration
- Group exercise – ULTT1
- Integration of FFT with other manual and exercise treatments
- FFT for the wrist and hand
- FFT for the elbow – incl. tennis elbow
- FFT for the cervical spine – inc headaches
- FFT for the shoulder

Day 2: The Lower Quadrant and FRT

- Complex patients
- FFT for the knee
- FFT for the ankle – incl. anterior impingement
- FFT for the foot – incl. Plantar Fasciitis and Neuroma's
- FFT for the lumbar spine – extension problems; applying tape to a concave surface.
- Pre determined load techniques – ITB
- Introduction to Functional Restrictive Taping (FRT) (incl ATFL / ankle taping)
- FFT – high and low velocity movements and intermittent pain

Speaker: Ron Alexander is a Soft Tissue Therapist [Musculoskeletal]. He founded the FFT® method in 1994 and refined it during eight years service as the Principal Soft Tissue therapist [Musculoskeletal] for The Australian Ballet. FFT® can be applied to most musculoskeletal pathologies. Ron has presented FFT to the International Olympic Committee World Congress, Fifth Interdisciplinary World Congress on Lower Back and Pelvic Pain and the Fascia Research Congress. He was a co-investigator of a Randomised Double Blind Placebo Controlled Study [PhD] at Deakin University, Melbourne Australia.

COURSE INFORMATION:

Date and Time: Saturday & Sunday, March 24 & 25, 2012
8:00a.m – 5:00 p.m. (tentative timeframe)

Location: Saskatoon, Saskatchewan

Registration Fee: \$450 & GST/early (before Feb 10, 2012) **\$560 & GST/late** (after Feb 10, 2012)
Registration is limited to 24 participants. Registration fee includes syllabus and refreshment breaks.

Early Registration Deadline: Friday, February 10, 2012

On this date, a decision will be made whether there is sufficient registration to run the course. Pre-registration is required. **Space is limited to 24 applicants so please apply early.** Applications will be considered after the registration deadline until the course fills or until TWO WEEKS before the course, whichever comes first.

CPTe provides courses for educational purposes, but in so doing, it does not imply endorsement of those courses or course content. Registrants are urged to be critical thinkers and active learners in all educational sessions.

REGISTRATION FORM: Functional Fascial Taping®

Registration Deadline: Friday, February 10, 2012 *On this date, a decision will be made whether there is sufficient registration to run the course. Pre-registration is required. Space is limited to 24 applicants so please apply early. Applications will be considered after the registration deadline until the course fills or until two weeks before the course, whichever comes first.*

Registrant's Name _____ **Professional Designation:** _____

Address _____
(Street) (City)

Email: (required) _____
(Province) (Postal Code)

Telephone (Res.) _____ **(Bus)** _____ **(Fax)** _____

The above information is required so that CPTe can contact you with additional course information, confirmation and any announcements related to this course. CPTe will also include your name, mailing address, email address and business phone number on a list that will be provided to the course instructor. This will be the sole use of the information that you provide.

Registration Fee: ___ \$450 + \$22.50 GST = \$472.50 /Early (before February 10, 2012)
___ \$560 + \$28.00 GST = \$588.00 /Late (after February 10, 2012)

Method of Payment: Select One: ___ Company Cheque ___ Personal Cheque ___ Credit Card
(Cheque made payable to University of Saskatchewan - CPTe. Cheque may be post-dated to February 10, 2012.)
Payments will be processed on or after February 10, 2012.

For credit card payment: ___ Visa ___ Mastercard Card No: _____ Expiry date: _____

Name on card: _____ Authorizing signature: _____

Courses are subject to cancellation if minimum number of applicants is not received by February 10, 2012. In this case, a full refund will be provided. Refund for withdrawal from the course shall be subject to date of notification of withdrawal. If notification of withdrawal is received by the CPTe Program Coordinator prior to 1:00 pm on February 10, 2012, a processing fee of \$50.00 will be withheld on all refunds. If notification of withdrawal is received after that time, the participant will not be refunded unless the position can be filled. The \$50 processing fee will still apply. Even if the course has been confirmed, CPTe is not responsible for travel/accommodation costs booked in advance, in the event of sudden unavoidable cancellation of the course (ie. instructor illness, Acts of God). If maximum number of applicants is received, names will be put on a waiting list in case of applicant withdrawal.

CONSENT AND WAIVER FORM: (This waiver MUST be signed and enclosed with registration form and fee.)
This course may contain lectures, discussion, demonstrations and practical sessions where you could be asked to act as a model for the instructor, assistant or for fellow participants during the course. The instructor, assistant or fellow participant may or may not be licensed. Acting as a model could involve following instructions, undergoing assessment or evaluation procedures, and/or undergoing treatment procedures. If, at any time, you feel uncomfortable or wish to refuse to participate, you must do so by telling the instructor prior to, or during the session. Signing below indicates that you have given consent to full participation in the course, including acting as a model for demonstrations and practical sessions, unless you express your refusal to the course instructor before or during participation in the course.

I accept all physical and legal risks in participating in this course. I hereby waive and release Continuing Physical Therapy Education, the University of Saskatchewan, the Saskatchewan Physiotherapy Association Inc., and the premises owner/occupier, as well as all employees, instructor(s) and assistant(s) from all of the above from any claims of loss, damage or injury which in any way results directly or indirectly from this course.

I have read and understand the waiver of liability appearing above and I INDICATE MY ACCEPTANCE OF THE SAID WAIVER BY SIGNING BELOW.

(Participant's Signature) (Date)

Return completed registration form, waiver and payment so that they are received by Friday, February 10, 2012.
Fax to: (306) 966-1986
Mail to: Continuing Physical Therapy Education, Room 116 - 1121 College Drive, Saskatoon, SK S7N 0W3

For more information, contact: Pat Tremaine Ph: (306) 966-2043 Email: pat.tremaine@usask.ca