The fascial distortion model according to S. Typaldos – unlocking the pain code

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The fascial distortion model (FDM) is an anatomical-functional diagnosis and treatment concept, postulating that every painful functional impairment of the musculoskeletal system is the result of one or more of six abnormalities, so-called fascial distortions (subcutaneous connective tissue, ligaments, intermuscular septa, periosteum). Injuries (esp. blunt trauma) are also categorized using this distortion system. The mechanism of injury, the body language and the clinical findings are combined to establish a diagnosis which leads to precisely one therapeutic consequence. In the context of FDM, the term body language means that patients do not only show the painful site or area with their hand but also the type of underlying pathophysiology. Based on the pain body language, the therapist can recognise the underlying fascial distortion. In this way, the patient becomes the director of his treatment. Techniques used for this are the combinations of manual soft tissue techniques in the subepidermal connective tissue as well as impulse techniques at the extremities, vertebral joints and intermuscular septa. Concept of the Fascial Distortion Model and recent results of clinical trials will be presented.

Biography
Matthias Fink is leading an Outpatient Ambulance for Complementary Medicine at the Hannover Medical School and performed also Clinical and Experimental Studies in this field for over 20 years. His new focus is Clinical Studies on the Fascial Distortion Model (FDM).

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