



# Pre-Conference Workshop

## 2024 AOASM Fascial Distortion Model Workshop

Tuesday, April 30th, 2024 • 8:00 a.m. - 12:00 noon & 1:30 p.m. - 5:30 p.m.

Location: Promenade Ballroom B (Second Floor)

**Workshop Lead by:** Todd Capistrant, DO

**Faculty:** Brian Farr, MA, LAT, ATC, CSCS & Nicole Fremarek, DO

**Fascial Distortion Model:** A powerful tool in the quest to return athletes to participation and improving performance.

**Course Description:** In this introduction to the Fascial Distortion Model (FDM) learn how adding the principles of FDM to your thought process can improve an athlete's recovery and performance. We will explain why providers across the country call the FDM "The most powerful sideline tool I have!" By learning to think in the model and by applying simple manual therapy techniques that blend seamlessly with your osteopathic tool box, you will learn how to expand your differential diagnosis and quickly return athletes to participation. The principles of FDM are rapidly becoming a mainstay for athletes and teams. Attending this course will introduce you to the visual cues and verbal descriptions that drive the FDM. This is an opportunity for anyone, including those with little manual therapy experience, to bring hands-on techniques to their practice by practicing on your fellow attendees. We will discuss the basic principles of FDM while learning to address ankle, foot, and shoulder injuries. Participants will leave this one-day introduction with a powerful tool that can address injuries to the fascial matrix, taking our diagnosis beyond inflammation. Be ready to put these techniques into practice the next day in the clinic or on the sideline. Registration will open early February. This workshop is available at a separate fee from the Conference registration fee.

**Your Workshop Registration Fee includes:**

- Refreshment breaks
- Workshop materials
- Up to **7.5** AOA Category 1-A CME credits

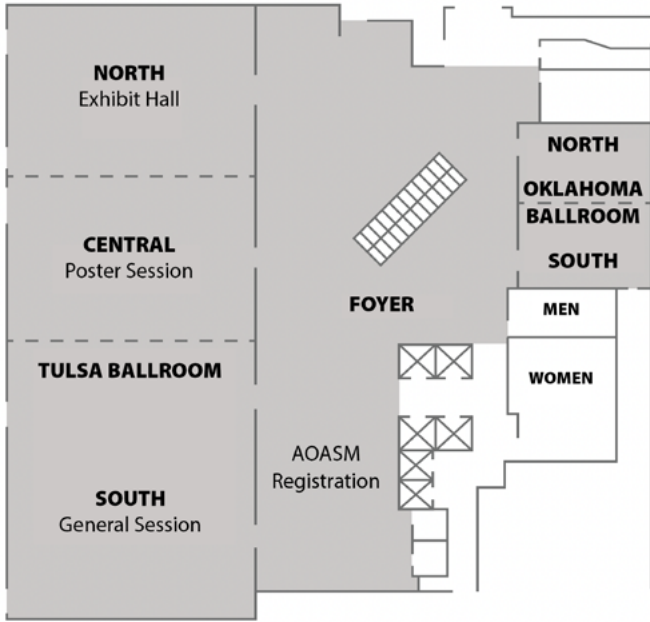
**Agenda:**

7:00 a.m. - 7:50 a.m.	<b>Registration*</b>
8:00 a.m. - 9:30 a.m.	<b>The Six Distortions</b>
9:30 a.m. - 10:30 a.m.	<b>Triggerband</b>
10:30 a.m. - 10:45 a.m.	<b>Break</b>
10:45 a.m. - 11:30 a.m.	<b>Herniated Triggerpoint</b>
11:30 a.m. - 12:00 p.m.	<b>Treatment of Volunteer Patient</b>
12:00 p.m. - 1:30 p.m.	<b>Lunch (On Your Own)</b>
1:30 p.m. - 2:30 p.m.	<b>FDM Treatment of the Ankle</b>
2:30 p.m. - 3:15 p.m.	<b>FDM Treatment of the Shoulder</b>
3:15 p.m. - 3:30 p.m.	<b>Break</b>
3:30 p.m. - 4:30 p.m.	<b>FDM Treatment of Hip</b>
4:30 p.m. - 5:00 p.m.	<b>Treatment of Volunteer Patients</b>
5:00 p.m. - 5:30 p.m.	<b>FDM as a Thought Process and Closing Thoughts</b>

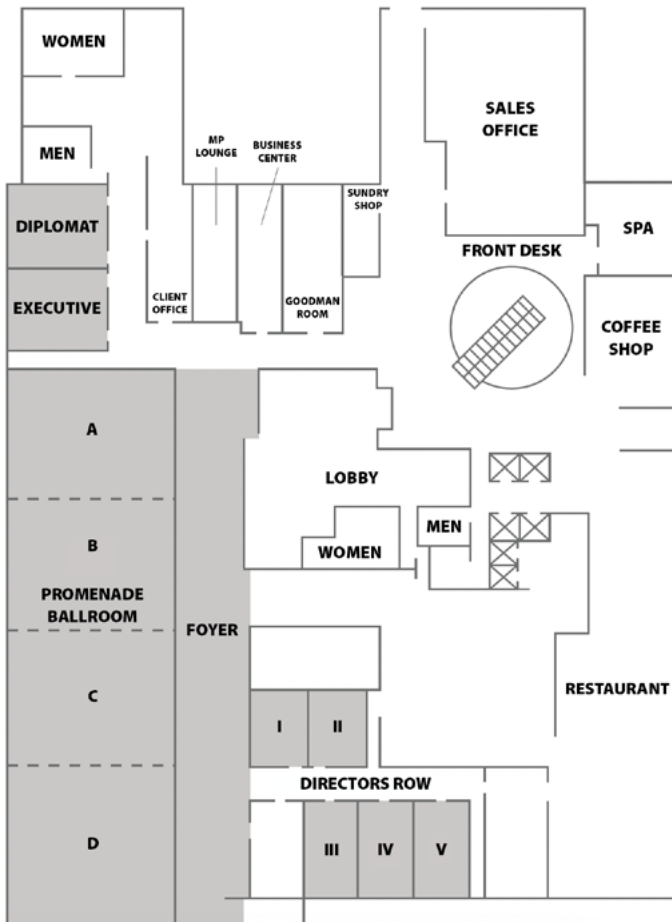
\*On Tuesday, April 30: On-site Pre-Conference Workshop registration is located in the Tulsa Foyer (Lower Level) of the Hyatt Tulsa Downtown Hotel from 7:00 a.m. - 8:30 a.m.



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**FIRST FLOOR**  
LOWER LOBBY LEVEL



**SECOND FLOOR**  
LOBBY LEVEL