About FDM

The FDM is an anatomical perspective, originated and developed by U.S. physician Stephen Typaldos, D.O., in which "the underlying etiology of virtually every musculoskeletal injury is considered to be comprised of one or more of six specific pathological alterations of the body’s connective tissues (fascial bands, ligaments, tendons, retinacula, etc.). As a model, the FDM is an abbreviated interpretation of the pathology of fascial injuries and contemplates the structural consequences of orthopedic, medical, surgical, and manipulative interventions." (FDM: Clinical and Theoretical Application of the Fascial Distortion Model within the Practice of Medicine and Surgery, by Stephen Typaldos, D.O.)

The clinical significance of the FDM is that through its manual application it can bring rapid and complete recovery to a large number of previously inadequately treated musculoskeletal injuries such as pulled muscles, ankle sprains, frozen shoulders, knee strains and a whole host of other athletic injuries. The FDM, however, is far more than just a collection of new manipulative techniques. Instead it is a comprehensive and entirely fresh perspective of envisioning and understanding injuries that competitively challenges current approaches and is poised to revolutionize the practice of medicine. (www.fascialdistortionmodel.com)

Target Audience

D.O.’s and M.D.’s are the primary target audience. OMM fellows, residents, and selected students recommended by DMU faculty may participate.

Purpose

The purpose of this Module 2 seminar is to introduce the Fascial Distortion Model (FDM) as an anatomic perspective in which the underlying etiology of virtually every musculoskeletal injury is considered to be comprised of one or more of the six specific pathologic alterations of the body’s connecting tissues as developed by Stephen Typaldos D.O. Module 2 focuses on the use of FDM in the cervical, thoracic, and lumbar spine as well as the sacrum and pelvis. They will accomplish this goal through didactic presentations by FDM experts, as well as, small group workshops where the treatments will be done on live patients.

Objectives

Upon completion of this educational activity, participants will be able to:

- Recognize and describe the Fascial Distortion Model.
- Define and properly identify the six fascial distortions.
- Incorporate techniques and modalities already taught at Osteopathic Universities into the FDM.
- Apply the FDM to the treatment of the cervical spine, thoracic spine, lumbar spine, sacrum and pelvis.
- Discuss research implications and possibilities of the FDM.

Faculty

Todd Capistrant, D.O. (primary instructor), Clinician, Banner Heath, Tanana Valley Clinic, Fairbanks, AK

Dr. Capistrant indicated no relevant financial relationships to disclose relevant to the content of this CME activity.

Marjorie Kasten, P.T. (hands-on instructor), Physical Therapist, Bangor, ME

Ms. Kasten indicated she is an author of the following books: "FDM: An Introduction to the Fascial Distortion Model, American FDM Association, 2010" and "Why Way is Up When You Are Upside Down? Self-published, 2012".
Planning Committee
Jose S. Figueroa, D.O. (course director), Assistant Professor and Clinician, OMM, DMU, IA
Todd Capistrant, D.O., Clinician, Banner Heath, Tanana Valley Clinic, Fairbanks, AK
Drew Lewis, D.O., Assistant Professor and Clinician, OMM, DMU, IA
Vanessa Ross, CMP, Manager, Continuing Medical Education, DMU, IA
The above individuals indicated no relevant financial relationships to disclose relevant to the content of this CME activity.

Agenda
Friday, May 18, 2012
10:30 a.m.  Registration
11 a.m.  Introduction to the FDM, History, Terminology, and the Fascial Distortions
2 p.m.  Break
2:15 p.m.  Diagnosis of Fascial Distortions
Clinical Progress of Fascial Distortions
General Treatment of Fascial Distortions
4:15 p.m.  Practicum and Live Patients
5:15 p.m.  Adjourn

Saturday, May 19, 2012
7:30 a.m.  Breakfast
8 a.m.  Introduction to Module 2
FDM Lumbar Spine
9 a.m.  Lumbar Spine Practicum and Live Patients
10:30 a.m.  FDM Inversion Treatments Lecture and Demonstration
12 p.m.  Lunch
1 p.m.  Inversion/Lumbar Spine Hands-On Practicum
2:30 p.m.  FDM Thoracic Spine and Ribs
3:30 p.m.  Thoracic Spine Practicum and Live Patients
5 p.m.  Adjourn

Sunday, May 20, 2012
7:30 a.m.  Breakfast
8 a.m.  FDM Sacrum, Pelvis, and Hips
9:30 a.m.  Treatment of Sacrum, Pelvis, and Hips
11:30 a.m.  Live Patients
12 p.m.  Lunch
1 p.m.  FDM Cervical Spine
2 p.m.  Practicum Cervical Spine and Live Patients
4 p.m.  Research Discussion
5 p.m.  Adjourn
Registration

$500 – D.O. and M.D.
$300 – Residents
$100 – Third and fourth year students and fellows

CME Credit

AOA: Des Moines University and the AOA Council on Continuing Medical Education approve this program for a maximum of 22.0 hours of AOA Category 1-A CME credits.

AAFP: This Live activity, FDM for the Low Back and Axial Spine (FDM 2), with a beginning date of May 18, 2012, has been reviewed and is acceptable for up to 21.0 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other: Attendees will be given a certificate of participation for a maximum 22.0 continuing education hours.

Commercial Support

Educational grants are not being accepted for this activity.

Disclosure Statement

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA). Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.

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