

## Criteria for an FDM BC

We expect graduates who have a fundamental understanding of the FDM and are able to apply the basics of the Typaldos Method.

- Understanding of the FDM
- Ability to understand and establish an FDM diagnosis
- Ability to explain possible side-effects of the Typaldos Method
- Ability to understand the FDM nomenclature and apply it correctly
- Ability of differential diagnostic reasoning and ability to recognize the possible necessity of referral to further diagnostic investigations
- Ability to recognize potentially dangerous situations in the treatment with the Typaldos Method
- Ability to safely and correctly apply the basics of the Typaldos Method regarding all six distortions
- Correct triggerband technique (thumb position, pressure, speed,...)
- Correct HTP technique (thumb position, pressure,...)
- Correct CD technique (thumb position, pressure, vector, iCD/eCD procedures,...)
- Correct FD technique (positioning, knowledge about necessary intensity for an effective treatment, uFD/rFD procedures, adaption of the technique,...)
- Correct CyD technique (squeegee, double thumb and Indian burn, pinching, correlation between gestures and choice of techniques and auxiliary devices)
- Correct TF technique (approach for TF: treatment of the other fascial distortions, pump, mobilization and manipulation – neutral thrust without traction or compression)
- Constructive, supporting measures