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Datum: 24.06.20

Press release

The Fascial Distortion Model (FDM)

The Fascial Distortion Model (FDM) is a special medical approach, which attributes the cause of physical complaints and restrictions in function to one or several of six typical distortions of the human fasciae. Correction of these fascial distortions is an efficient, measurable and reproducible way of correcting pain and restricted mobility.

FDM diagnosis is based on three pillars and leads to an independent FDM diagnosis. In this context the interpretation of the patients' body language and gestures is of major significance. With precise observation intuitive gestures can be decoded thus providing direct clues about the present fascial distortions. A comprehensive case history and examination complement the FDM assessment.

The FDM can be applied in various medical fields. It expands the diagnostic options of doctors or therapists and often facilitates an effective treatment of patients with varied medical diagnoses.

Currently the FDM approach is successfully used for complaints of the locomotor system and for pain therapy.

The term “Fascial Distortion Model (FDM)” is composed of three words:

1. Fascia

Fasciae are connective tissue structures which, from an FDM point of view, are the key to diagnosis and treatment for physical complaints. Today medical science recognizes the important role of the fascial system in the human body and supports FDM considerations by an increasing number of scientific studies.

2. Distortions

Distortions are twists, deformations or dislocations of connective tissue. The aim of each FDM treatment is to correct the distortions of the fasciae with targeted, specific treatment techniques (e.g. with the maneuvers of the Typaldos method). Once corrected the presenting complaint is noticeably reduced.

3. Model

The FDM is a clinical model. On the basis of his empirical observations Stephen Typaldos D.O. formulated this model where he correlated specific fascial distortions, typical presentations/findings and effective treatment methods. FDM doctors and therapists are applying these systematic correlations in their practice to make a precise FDM diagnosis and to choose a bespoke treatment approach.

FDM application

FDM is an individual and neutral approach. It enables the practicing physician or physiotherapist to choose the best treatment for the individual patient by re-evaluating traditional medical diagnostic tools by use of the Fascial Distortion Model (FDM).

The aim of every FDM intervention is to correct the anatomical arrangement of the fasciae. Once the fascial distortion is corrected, an immediate improvement of the loading capacity, mobility and/or pain reduction can be expected. Long periods of rest are not necessary and rapid resumption of activity is possible.

Stephen Typaldos D.O. used specific maneuvers and manipulation techniques for his FDM treatment. These are known under the heading **Typaldos method**. They are being taught in FDM courses following the training standards laid down in the guidelines of the European Fascial Distortion Model Association (EFDMA).

The Typaldos method is used in cases of:

- Acute pain due to sprains and dislocations of joints, acute lumbago, stiff neck
- Sport injuries, e.g. pulled ligaments, contusions, muscle fiber tears, etc.
- Back pain, low-back pain, shoulder and neck pain ...
- Restrictions of movement
- Symptoms like numbness or tingling as well as loss of power or instability
- Certain internal problems after medical assessment

A case example ...

A female patient comes to a medical practice and reports that she twisted her ankle while practicing sport. The right ankle is clearly swollen and painful on palpation. The patient also describes pulling, burning pain and in doing so sweeps along the outside of her right ankle with her fingers. Further she is bothered by a stabbing pain at the anterior aspect of the ankle and she points at the spot with her finger. The mobility is restricted thus she can only walk with a limp.

Standard medical perspective and treatment:

The physician diagnoses a sprained ankle and advises rest, ice, compression and elevation. In addition he/she prescribes an ointment with analgic and anti-inflammatory components. After a few weeks the patient can start to practice her sport again.

FDM-perspective and treatment

The physician attributes the complaints to two different fascial distortions. The physician corrects these distortions with certain manual handholds, which sometimes require quite a lot of force. After the treatment the patient can immediately walk normally again, and after the second treatment a few days later she can usually practice her sport without any restrictions.

European Fascial Distortion Model Association (EFDMA)

The EFDMA is a non-profit association with the aim of promoting research and teaching activities pertaining to the Fascial Distortion Model (FDM) and the Typaldos method.

The EFDMA sets among others standards for promotion of the FDM in Europe and makes available information for medical professionals and patients regarding the FDM, its foundations and the practical application of the model for treating various clinical pictures.

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