

European Fascial Distortion Model Association

## **The Fascial Distortion Model (FDM)**

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### ***Typaldos-Method***



**i** Information for patients



## The Fascial Distortion Model (FDM)

The FDM was first described by the American physician and osteopath Stephen Typaldos D.O. FDM attributes the causes of physical ailments and pain to various distortions of the body's connective tissue (fascia).

## The Typaldos Method

FDM treatment generally consists of several different manual techniques applied by a certified FDM physician or therapist on the basis of a prior FDM diagnosis.

- In some cases, intense pressure is applied to specific points or along physical lines.
- Other manual techniques are performed through pulling or applying pressure to joint areas.
- Certain surface treatments of the most superficial layers of connective tissue can also lead to pain relief.

## Areas of application on the locomotor system

- Acute pain brought on by sprains, tears and dislocations
- Sports injuries
- Chronic back, neck, shoulder pain and many other complaints
- Restricted mobility

FDM-certified physicians and therapists have completed a multi-level education program according to European Fascial Distortion Model Association (EFDMA) guidelines, guaranteeing efficient and expert patient treatment.