

**Review:**

**10 years experience with  
the Fascial Distortion Model (FDM)**

On September 28, 2016, about **100 EFDMA members and FDM-interested persons** were welcomed in Schwechat to experience on the one hand **FDM experts with expert talks** on the subject of "10 years experience with the Fascial Distortion Model (FDM)" and on the other hand the **10th anniversary of the EFDMA** (European Fascial Distortion Model Association).

Markus Breinessl, M.D. opened the event with a lecture on special techniques in asking questions in FDM.

Markus Nagel MSc. lectured on FDM and abdominal pain and brought interesting patient examples.

Alfred Wilken lectured on the abdominal fascial plane and its role for the lower back – ideas about the C-sign.

Joachim Stolz, MSc gave insights into the dynamic Triggerband Technique and how to involve the patient even more actively in the treatment in order to become more successful.

Christoph Rossmay D.O. spoke about the role of the crural folding fascia of the lower leg in foot and knee problems: "We are here, because we want to help patients!"

Detlef Meyer, M.D. talked about the difficulties and complexity of "invisible" fascial distortions with stubborn discomfort.

Beatrix Baumgartner MSPhT (the first female instructor of the EFDMA) gave the participants an insight into a special cylinder technique with the flossband.

"Is there something like impingement in FDM?" - Lukas Trimmel, M.D. presented and addressed this question with his lecture, which clearly referred to practical experience.

Georg Harrer, M.D. took the audience on a whimsical journey through the development and the course of the Fascial Distortion Model and the EFDMA to understand why FDM and the EFDMA are today as they are.

Stefan Anker MSc D.O., as president of the EFDMA, reported with quite legitimate pride about the recent activities of the EFDMA and the development which the association has taken in recent years.

The EFDMA counts **over 600 members** 10 years after their foundation! In this way, Stefan Anker was able to provide all participants with a **"You are not alone"** in overcoming all obstacles in the everyday life of an FDM therapist.

After food and drinks the community discussed, chatted, danced and celebrated until the morning hours.

**The EFDMA would like to thank all participants, speakers and the organization team for their contribution to an unforgettable event.**

