

# FASCIAL ABRASION TECHNIQUE™

FOR HEALTH CARE PROVIDERS



NOVEMBER , 2012 PHOENIX ARIZONA

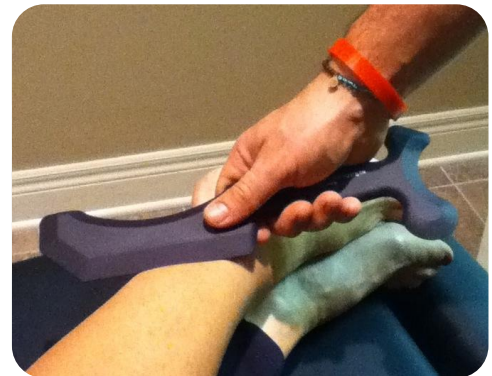
Name of facility: SCCS  
Facility Address: 1645 East Desert Lane  
Phoenix, Arizona 85042

Register online at:  
[www.FAT-TOOL.com](http://www.FAT-TOOL.com)

Location will be posted on [www.FAT-Tool.com](http://www.FAT-Tool.com) site

## What is Fascial Abrasion Technique™ and what are the potential benefits?

Fascial Abrasion Technique involves releasing movement-restricted fascial tension in underlying soft tissue. This technique specifically targets and loosens the fascia that surrounds and interconnects muscle tissue that when tight, can restrict range of motion and impair quality of movement. Performance tissue mobilization uses a specialized, patented tool called the Fascial Abrasion Technique Tool or FAT-Tool.



## The Benefits of Soft Tissue Mobilization using the FAT-Tool

Tissue mobilization using the FAT-Tool is a quick and highly effective tool for Healthcare providers to improve quality of movement and normalize fascial mobility for their patients. Correct use of the FAT-Tool allows you to quickly solve and release troublesome areas of tissue tightness and restricted range of motion and in so doing, support improved patient outcomes.

### The FAT-Tool...

The revolutionary design of the FAT tool features multiple treatment surfaces and edges in an all-in-one, tool. In addition, tissue tension release is enhanced with the unique, patented textured finish, which allows for superior grip of the fascia with less direct pressure applied to the surface of the skin.

[www.thefitinstitute.com](http://www.thefitinstitute.com)

## Course Objective

Healthcare providers will learn techniques using the FAT-Tool to release areas of tissue tension and improve range of motion and quality of movement for their patients. Participants will learn about the role of fascia, the theory and principles of fascial mobilization, how to assess areas of fascial restriction and how to use the FAT tool to achieve release of fascial tension.



## Course Format

This course will teach healthcare providers tissue tension assessment and fascial mobilization techniques, using the FAT-Tool. The 1 day course will include a mixture of classroom presentations and practical lab sessions that will allow for extensive practice, with hands-on feedback and guidance from the course instructors. During the practical lab sessions, participants will learn how to perform and interpret tissue tension assessments and the appropriate associated tissue mobilization techniques. Extensive opportunities for feedback and practice in the hands-on lab sessions is a key feature of this course, ensuring that participants develop assessment and tissue mobilization skills and techniques that will translate directly to improved outcomes for their patients.



## About Andrew Miller

Sports Therapist Andrew Miller, Has over 20 years experience working with professional athletes. His unique approach to managing soft tissue injuries is appreciated by numerous world class athletes.

# Course Outline

Topic	Method	Details / Process
Introduction	Instructor and participant introduction	<ul style="list-style-type: none"> <li>▪ Course Introduction</li> <li>▪ Course Objectives</li> <li>▪ Agenda &amp; Format</li> <li>▪ Participant Materials</li> </ul>
Fascial Anatomy Fundamentals:	Lecture	<ul style="list-style-type: none"> <li>▪ What is Fascia</li> <li>▪ Key Characteristics</li> <li>▪ How Increased Tissue Tension Occurs</li> <li>▪ Effects</li> </ul>
Fascial Mobilization using the FAT-Tool	Demonstration and participant Activity	<ul style="list-style-type: none"> <li>▪ How it works</li> <li>▪ Features of the FAT tool</li> <li>▪ Treatment shapes, edges and surface</li> <li>▪ Indications</li> <li>▪ Contra Indications</li> </ul>
Using the FAT-Tool	Demonstration and Participant Activity	<ul style="list-style-type: none"> <li>▪ Three Basic Strokes</li> <li>▪ Use of Warming Balm</li> <li>▪ Common Mistakes</li> </ul>
Regional Assessment and Practice Lab	Lecture, demonstration and participant practice lab	<ul style="list-style-type: none"> <li>▪ Shoulder</li> <li>▪ Back</li> <li>▪ Hips</li> <li>▪ Knee</li> <li>▪ Ankles</li> </ul>
Summary Review & Evaluation	Learning-based evaluation and final practice	<ul style="list-style-type: none"> <li>▪ Summary</li> <li>▪ Participant test/demonstration</li> <li>▪ Instructor feedback to ensure proper technique</li> </ul>

