

# Stecco Method of Fascial Manipulation

Fascial Manipulation was developed in Italy by Luigi Stecco, a physical therapist.

## **He was frustrated with:**

- o The time it took for patients to recover from pain and injury.
- o The frequent recurrence of the patient's symptoms after the initial recovery.
- o Pain which was not relieved with other treatment methods.

The technique is based on the fascial system of the body. All the soft tissues in the body are wrapped in layers of fascia. These include: muscles, nerves, tendons, ligaments, and internal organs. Fascia holds everything together and gives us healthy pain free motion as the layers slide over hyaluronan. You can think of this as the 'grease' of the body.

Soft tissue becomes dense, stiff and ridged as we age and accumulate damage. Possible sources for this include: past injury, normal use over time, natural aging, over use, under use, dehydration and trauma. This increase in tissue density alters movement and causes pain and other symptoms in the joints and the soft tissues. As the density builds up, normal movement is changed resulting in dysfunctions in your body. These lead to damage in the soft tissues and surrounding nerves, muscles and joints. Chronic pain and surgery result if left untreated.

Stecco Method of Fascial Manipulation is performed to reverse this accumulation of density and damage. This starts with a movement analysis and identification of the primary densities in your soft tissue, which are causing you pain. The doctor then uses deep friction until the density between the layers becomes more fluid, with the heat and mechanical action of the treatment. The patient frequently reports immediate symptom relief and improved range of motion after each session.

This treatment process is interactive.

- o Let the doctor know your tolerance to the deep friction treatment.
- o After several minutes, the point will become less tender.
- o Inform the doctor of any pain radiating away from the point being treated.
- o This aids in the evaluation of the extent of the problem.

## **After treatment:**

- o Most patients report immediate relief at the end of each session.
- o For the next several days, symptoms may change.
- o Report these changes to the doctor on the next Fascial Manipulation visit.
- o The next visit should take place one to two weeks later. This time allows the body to heal and return to normal motion prior to the next session.
- o Several sessions are necessary to progress through the layers of density which have accumulated.

## **After each session:**

- o Avoid ice, heat, and medication for 24 hours if possible. This allows for the best outcome from each session, as the body heals naturally.
- o If you experience discomfort after the treatment, manage it with Tylenol.

Dr. Glesener and Dr. Turrell have found success using this technique on new and chronic conditions. Some of these include: chronic pain, localized joint pain, pain after surgery, radiating pain into the arms and legs. Conditions not responding to standard medical, chiropractic and physical therapy treatment are all candidates for the Stecco Method of Fascial Manipulation.

We welcome your referrals of others who are suffering chronic, recurrent symptoms that have not resolved with other treatments.

(The Stecco Method of Fascial Manipulation differs significantly from other similarly sounding techniques IE: myofascial release, trigger point therapy, fascial massage, fascial release, ART and others. The densities which accumulate in your soft tissues remain until they are remodeled with deep friction on specific involved points. Based on the anatomy and function of soft tissue, and its response to different treatment types, this technique works better than anything we have seen. It is the best technique to target a more thorough and stable recovery, in the fewest number of sessions.)

