

FAKTR utilizes the most up-to-date research available regarding the application of manual therapies and exercise to improve patient/client outcomes. Given the recent climate about the opioid epidemic and surgery, clinicians are seeking non-invasive treatment options for athletes and active individuals that achieve positive results with minimal expenditure of resources and time. The FAKTR System utilizes multiple soft tissue mobilization techniques paired with therapeutic exercise in painful or dysfunctional movements initially. This is meant to improve range-of-motion and strength, while stimulating healing in early phases of rehabilitation. This is in stark contrast to the traditional “static treatment” model, where patients receive treatment with active participation for long periods of time. Sports practitioners in particular are often performing treatments in locker rooms, on side-lines or in non-clinical settings without the ability to use expensive equipment or passive therapeutic modalities. The FAKTR System can be applied with or without soft tissue instruments and with a range of low-tech rehab equipment such as physioballs, stability pads, latex bands and loops. When available, the system can also be utilized with therapies like laser and extracorporeal shockwave therapy.

The didactic portion of the class begins with an update of the latest evidence, followed by demonstrations of how to treat the majority of the body using the 5 Concepts of FAKTR. Those attending will receive extensive instruction in pre and post-treatment assessment. After assessing, they will receive hands-on training utilizing instrument assisted soft tissue mobilization (IASTM), myofascial decompression with cupping, compression floss bands and hands-on techniques. Most importantly, attendees will also learn how to incorporate a wide variety of relevant, rehabilitative exercises for each area of treatment. Instruction will include the spine, upper extremities (shoulder to fingers), lower extremities (hip to toes), buttocks, SI Joints, abdomen, diaphragm and more. Lastly, students will be taught biomechanical, elastic taping techniques for prophylactic purposes, as well as support of treatments provided. Since this class is mostly hands-on in nature, it will provide ample opportunity for all attendees to demonstrate techniques and exercises on each other.

**Learning Outcomes include:**

*At the conclusion of the program, participants will be able to:*

1. Assess and recognize the indications and contraindications for utilizing the FAKTR protocol to treat a variety of conditions and patient presentations from head-to-toe
2. Understand and apply the appropriate IASTM treatment strokes based upon patient presentation and phase of healing.
3. Implement the FAKTR system incorporating IASTM and other manual soft tissue treatments to treat various musculoskeletal conditions
4. Recognize the significance of the literature presented in regards to its application to the various phases of healing in an attempt to accelerate its natural history.
5. Assimilate and demonstrate the proper use of biomechanical tape as indicated by patient presentation.
6. Utilize appropriate exercise protocols with and without soft tissue techniques to improve patient outcomes.
7. Utilize orthopedic, neurologic and functional movement assessment as an indication for the application of appropriate rehabilitative techniques.
8. Apply the FAKTR System to develop and effectively progress patients through a comprehensive care plan.

## **Participant Assessment Methods:**

Analyze – Participants will work through various scenarios involving patient presentations of a variety of conditions during the hands-on portion of the class. Through palpation, basic range-of-motion testing, orthopedic, neurologic and functional movement assessments, participants will practice assessments indicating use of the FAKTR System.

Apply – After assessing the scenario “condition” they are attempting to demonstrate on their hands-on partner, the participants will apply the FAKTR protocol using all 5 concepts in order—demonstrating treatment from a static position, position of provocation, incorporating movement and applicable functional rehabilitation exercises to produce a desired outcome. There will be open discussion amongst participants and the instructor in the best ways to bring about a desired outcome. The instructor will introduce and demonstrate first and then allow participants to demonstrate on each other. During participant demonstration, the instructor(s) will go throughout the classroom to provide one-on-one guidance and answers to questions, tips on appropriate technique and application, etc.

## **Proposed Course Schedule/Agenda:**

### **Saturday (Day 1):**

**8:30AM – 9:30AM**

Presentation introducing the 5 Concepts of FAKTR and review of scientific research behind the protocol

**9:30AM - 10:15AM**

Review of IASTM strokes and hand positions

**10:15AM-10:30AM- break**

**10:30AM-11:45AM**

Review of common disorders and anatomy of cervical and thoracic spine, demonstration of the FAKTR protocol on cervical and thoracic spine and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Myofascial decompression is introduced in this module and carried forward in other modules where applicable.

**11:45AM-12:30PM**

Review of biomechanical tape properties followed by cervical spine application

**12:30PM-1:30PM – Break for Lunch**

**1:30PM-2:45PM**

Q&A. Review of the common disorders and anatomy of the shoulder complex, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of biomechanical taping techniques and applications for this area.

**2:45PM – 4:00PM**

Review of the common disorders and anatomy of the elbow and forearm, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of biomechanical taping techniques and application for this area.

**4:00PM-4:15PM – break**

**4:15PM - 5:30PM**

Review of the common disorders and anatomy of the wrist and hand, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol).

**Sunday (Day 2):**

**8:30AM – 10:00AM**

Review of the common disorders and anatomy of the lumbar spine, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of common biomechanical taping applications for this area and associated conditions.

**10:00AM – 11:00AM**

Review of the common disorders and anatomy of hip and knee complex, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of common biomechanical taping applications for this area and associated conditions. Tissue flossing is introduced in this module and carried forward to other modules where applicable.

**11:00AM-11:15AM - break**

**11:15PM – 12:15PM**

Review of the common disorders and anatomy of the leg, ankle and foot, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of common biomechanical taping applications for this area and associated conditions.

**12:15PM – 12:30PM- conclusion/Q&A**

## **Required Pre-Requisites:**

Attendees are required to have a basic understanding of anatomy and physiology before attending class. Student attendees in a professional healthcare program are most successful when they have entered their higher level coursework and are treating patients in the student clinic on campus. It is the responsibility of each attendee to be aware of the scope of practice dictated by their professional licensing board.

## **System and Equipment Requirements:**

All instruments, emollient, low-tech rehab equipment, loops, bands and tape will be supplied for class. Please bring a portable treatment table if you have one available. All attendees are welcome to bring their own soft tissue instruments, emollient or low-tech rehab tools if they prefer.

## **Educational Materials Provided:**

All attendees are provided with the full PDF course presentation notes at the conclusion of the course, which includes photos of various treatment applications, kinesio-taping applications and various exercises involved in the rehab portion of the course. We also include excerpts and references for all of the peer-reviewed research and published case studies that provide the scientific basis for the protocol along with a list of "recommended reading."

## **Disclosure of Expenses Underwritten**

FAKTR instruments, floss, emollient, cups and wobble bars are provided for attendee use during class. Performance Health provides all low-tech rehab supplies such as loops, bands, physioballs and flex bars. Dynamic Tape is provided for attendee use during class. No purchase of any product is required of attendees and no solicitation of any products or services are conducted during class. These items are all provided at no cost to attendees purely for educational purposes.

## **Recommended Reading:**

Davidson, C.L., L. R. Ganion, G. M. Gehlsen, B. Verhoestra, J. E. Roepke and T. L. Sevier. Rat tendon morphologic and functional changes resulting from soft tissue mobilization. *Medicine and Science in Sports and Exercise*, American College of Sports Medicine., Vol. 29, No. 3, pp. 313-319, 1997.

Murtaugh, B. and J. M. Ihm. Eccentric training for the treatment of tendinopathies. *Current Sports Medicine Reports*, American College of Sports Medicine., Vol. 12, No. 3, pp. 175-182, 2013.

Pavan, P., A. Stecco, R. Stern, C. Stecco. The contrast between densification and fibrosis in fascia. *Current Pain and Headache Reports* (Impact Factor: 2.26). 08/2014; 18(8):441

Stecco, A., A. Meneghini, R. Stern, C. Stecco, M. Imamura. Ultrasonography in myofascial neck pain: randomized clinical trial for diagnosis and follow-up. *Surg. Rad. Anat.*, 2014 Apr; 36(3):243-53.