

Fiche programme

Date de création de la fiche : 20 juin 2024

Version : V2

SEMINAR :

Title : **BASIC ERGON TECHNIQUE COURSE**  
Speaker : Prof. Konstantinos Fousekis, Dr. Konstantinos Mylonas  
Duration (in hours) 12 hours



PUBLIC :

- CHIROPRACTORS

OBJECTIVES :

- Understanding the theory behind IASTM practice and its use to treat injuries of soft tissue and fascia.
- Using the clinical equipment (ERGON® Tools) to effectively assess myofascial restrictions
- Using the clinical equipment (ERGON® Tools) to be fully capable of treating most musculoskeletal pathologies/injuries
- Using the clinical equipment (ERGON® Tools) to combine techniques (ERGON® Technique and kinesiotherapy) - Facilitate functional rehabilitation
- Incorporating ERGON IASTM techniques into treatment protocols in combination with stretching and functional rehabilitation, fully knowing indications and contraindications of applications.

PRE-REQUISITES :

- Being a professional chiropractor

SPEAKERS :

Prof. Konstantinos Fousekis  
Physiotherapist

Prof. Konstantinos Fousekis is an Associate Professor in Physical Therapy at the University of Patras, Greece. He has been recognized with the Medicine Best Researcher Award in 2025 for his significant contributions to physiotherapy research. His work focuses on advancing clinical practices through rigorous research and education, making a notable impact in his field.

Dr. Konstantinos Mylonas  
Chiropractor

Konstantinos Mylonas, a Sports and Musculoskeletal Rehabilitation Physiotherapist specializing in soft tissue mobilization, is a member of the University of Patras' Laboratory of Therapeutic Exercise and Sports Rehabilitation, Greece. With 5+ years treating hundreds of patients and 18 research studies—including his ongoing PhD—he co-developed ERGON IASTM TECHNIQUE with Prof. Konstantinos Fousekis and serves as its CEO, CoFounder, and Head Trainer.

## PROGRAM :

### DAY 1

9h - 9h30 : Introduction to the techniques:

Basic theoretical principles, indications and contraindications, expected results from techniques use

9h30 - 10h30 : Basic Ergon Strokes:

Demonstration of basic Ergon Strokes (IASTM), application of the techniques by trainees

10h30 - 11h : Fascial System:

Anatomy of Fascial Meridians, function, interaction with other soft tissues

11h - 11h15 : Break

11h15 - 13h30 :

- ERGON Technique Scanning Procedure
- Posterior region of the Hip (Superficial Back Line)
- Posterior region of the Knee (Superficial Back Line)
- Posterior region, Plantar Fascia (Superficial Back Line)
- Anterior region of the Hip (Superficial Front Line)
- Anterior region, Knee and Foot (Superficial Front Line)

13h30 - 14h30 : Lunch

14h30 - 16h15 :

- Hip adductors: Lymphatic Drainage – Shaping: Strokes Analysis
- Lower Extremities-Calf: Lymphatic Drainage/Pathologies
- Knee (Lateral line)
- Adductions (Deep Front Line)
- Lumbosacral region (Back and Spiral Lines)

16h15 - 16h30 : Break

16h30 - 17h :

- Cervical region (Back and Spiral Lines)

### DAY 2

9h - 10h45:

- Abdominals (Front, Spiral and Deep Front Lines)
- Upper Arm (Back Line)

10h45 - 11h: Break

11h - 12h :

- Shoulder (Front and Deep Front Lines)
- Elbow (Front and Back Lines)

12h - 12h15 - Break

12h15 - 13h45 :

- Forearm (Front and Back lines)
- Wrist and Hand (Arm Lines)

13h45 - 14h : Break

14h - 14h30 : Treatment of specific pathologies (sports injuries, scars etc.)

14h30 - 15h : Discussion – Evaluation and Participation Certifications awarding

## PEDAGOGY & ASSESSMENT :

### Pedagogic tools :

- Adjusting tables
- projector screen
- slides

### ASSESSMENT :

- Evaluation of knowledge and practical application via written exercises
- Initial and final multiple-choice tests

## PRACTICAL INFORMATION :

### Seminar location :

IFEC, 24 bd Paul Vaillant Couturier 94200 IVRY sur SEINE

### Dates :

Saturday, June 6th and Sunday, June 7th, 2026

### Prices :

Regular price: 620 €

Early bird price of 10% **until April 13th, 2026**

### How to register :

Registration by email to [formation-continue@ifec.net](mailto:formation-continue@ifec.net)

Please contact the Continuing Education Service :

01 45 15 89 10 / 07 45 01 88 01

