

## Functional Fascial Taping: The Series

Date	Venue	Tutor
Sun 21 <sup>st</sup> Sept 08 and Sun 1 <sup>st</sup> Mar 09	Whittington Hospital, Archway, London	Ron Alexander
Mon 22 <sup>nd</sup> Sept 08 and Mon 2 <sup>nd</sup> Mar 09	Saltash, Nr Plymouth	Ron Alexander
Tues 23 <sup>rd</sup> Sept 08 and Tues 3 <sup>rd</sup> Mar 09	Leatherhead FC, Leatherhead, Surrey	Ron Alexander
Fri 26 <sup>th</sup> Sept 08 and Fri 6 <sup>th</sup> Mar 09	Cardigan Centre, Leeds, LS6 1LJ	Ron Alexander

FFT is a unique way to create an immediate and often significant analgesic effect and increase range of movement, facilitating accelerated rehabilitation of musculoskeletal pathologies. Video cases studies showing its effect are available on [www.fft.net.au](http://www.fft.net.au) along with a number of the testimonials and articles published on the topic. FFT is non-invasive, highly cost effective and can be applied to most regions of the body with equally impressive results. The method has an objective assessment procedure that is **functionally** assessed and **functionally** applied for pain free movement to encourage normal movement patterns. The patient is treated in the position they get their problem.

FFT can be applied to most musculoskeletal pathologies and was founded and refined by Ron Alexander FFT during eight years service as the Principal Remedial Musculoskeletal Therapist for the Australian Ballet. Ron has presented FFT to the International Olympic Committee World Congress and the Fifth Interdisciplinary World Congress on Lower Back and Pelvic Pain, endorsed by the UN and the World Health Organisation. FFT is currently the subject of a randomised double blind placebo controlled trial at Deakin University, Melbourne.

### Course Structure

In response to feedback and good educational practice, this course has been divided into 2 single days to allow practise and consolidation of the skills. This will allow participants to further refine technique to get the most benefit from the course within their specific field of work.

The description below gives an introduction to the technique and an outline of the content of each day. The focus of each day is given in the title of the day but time is allocated for practise of previously learnt techniques.

### Pre course Reading and Course Work

You will be required to complete the pre course reading, this will ensure you use the technique and will allow you to become accredited FFT practitioners.

**Registration:** 8.45am

**Start Time:** 9.00am

**Finish Time:** 5.00pm

### Day 1: Introduction and the Upper Quadrant

- Introduction to FFT
- Demonstration
- FFT technique
- Demonstration

- Group exercise – Lumbar spine flexion and rotation
- Demonstration
- Group exercise – ULTT1
- Integration of FFT with other manual and exercise treatments
- FFT for the wrist and hand – incl. carpal tunnel syndrome
- FFT for the elbow – incl. tennis elbow
- FFT for the cervical spine – incl. whiplash, wry neck, headaches
- FFT for the shoulder

Participants will be required to read 4 additional articles and complete 2 case studies before the second day.

## **Day 2: Revision, Lower Quadrant and FRT**

- Review of key concepts from Day 1
- Personal experiences
- Troubleshooting
- Complex patients
- FFT for the knee
- FFT for the ankle – incl. ant and post impingement, Achilles tendinopathy
- FFT for the foot – incl. Plantar fasciosis, Mortons Neuroma
- FFT for the lumbar spine – extension problems
- Pre determined load techniques – incl. ITB, acute muscle tears
- Introduction to Functional Restrictive Taping (FRT) (incl ATFL / ankle taping)
- FFT – high and low velocity movements, osteitis pubis and intermittent pain