

Fascial Manipulation Method

As a proud member of the Fascial Manipulation Association (Associazione Manipolazione Fasciale), Dr. Glesener is excited to offer you, his valued patient, one of the most ground-breaking techniques in the last decade. This treatment method is designed to give rapid and long-lasting pain relief.

Fascial manipulation was developed in Italy by Luigi Stecco, a physical therapist. He was frustrated with the time it took for patients to recover from pain and injury as well as with the frequent recurrence of the patient's symptoms after the initial recovery.

The technique is based on the fascial system of the body. The fascia is what wraps the muscles in three layers. It must stretch and glide as you move. Think of your body as covered in three layers of stretchy body suits. As you move, the three layers should move fluidly allowing all joints and muscle to have full and pain-free ranges of motion. Now think of two of the three layers sewn together at any point. As you move, the sewn area is restricted. To compensate, other areas also have to change how they slide and move. This interaction has the potential to cause localized and radiating pain as well as stiffness and lost range of motion—not only at the restricted point, but also some distance away.

Fascial treatment is performed after analysis and identification of the primary restrictions. The doctor then uses deep friction until the density between the layers becomes more fluid with the heat of the treatment. The patient frequently reports immediate symptom relief and improved range of motion.

This treatment process is interactive—you need to participate!

- Let the doctor know your tolerance level during the deep friction treatment.
 - After several minutes, the point will become less tender.
- Inform the doctor of any radiating pain.
 - This aids in the evaluation of the extent of the problem.

After treatment:

- For several days the symptoms may change.
 - Report these changes to the doctor on the next Fascial Manipulation visit.
 - The next visit should take place one week later.
- If you experience discomfort after the treatment, please manage it with Tylenol.
 - The inflammatory process of the treatment is vital to the recovery, and Tylenol does not interfere with this process.

Dr. Glesener has found success using this technique on new and chronic pain conditions including those involving radiating pain into the arms and legs, chronic headaches, dizziness, and vertigo. Many of these conditions have been quickly resolved.

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

