

With FAKTR, we apply the latest research on the study of soft tissue manipulation, especially in relation to human performance and well-being. Many clinicians often seek non-invasive treatment options for athletes and active individuals that achieve rapid, positive results with minimal expenditure of time and resources. The FAKTR System utilizes multiple soft tissue mobilization techniques paired with therapeutic exercise in provocative positions. This is meant to improve range-of-motion and strength, while stimulating healing. This is in stark contrast to the traditional “static soft-tissue treatment” model. 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 therapeutic modalities. The FAKTR rehabilitation system can be applied with or without soft tissue instruments and with a range of rehab equipment and technology such as physioballs, stability pads, latex bands and loops, extracorporeal shockwave therapy, etc.

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 manual and instrument assisted soft tissue mobilization (IASTM) skills. Clinicians that don't currently utilize either manual or IASTM will be shown various IASTM strokes. Further, clinicians will be introduced to the concepts of tissue flossing using elastic bands, as well as myofascial decompression using pneumatic cups. Participants will learn indications and contraindications for treatment. Most importantly, attendees will also learn how to incorporate a wide variety of rehabilitative exercises during treatment. Areas of treatment 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. Understand 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 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.

Supporting Articles/Studies:

A full list of references for this course can be provided upon request.

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

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.

2:45PM – 4:00PM

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.

4:00PM-4:15PM – break

4:15PM - 5:30PM

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.

Sunday (Day 2):

8:30AM – 10:00AM

Q&A regarding previous day. 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.

10:00AM – 11:00AM

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.

11:00AM-11:15AM - break

11:15PM – 12:15PM

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).

12:00PM – 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."