

**6th Interdisciplinary World Congress on Low Back & Pelvic Pain.
Barcelona November 7-10 // 2007
Catalonia Palace of Congresses
Post Congress workshop**

Abstract:

**Functional Fascial Taping®
'Instant, drug free pain management.**

Through lecture, case study presentation, demonstration and hands-on guidance participants will learn elements of the FFT® method an innovative system for therapists to treat pain with tape, providing a simple drug free alternative for pain management. FFT can instantly decrease pain and increase range of motion, which facilitates movement, activity and rehabilitation in a pain free environment.

Taping has been used clinically in musculoskeletal medicine for many years. Some effects of taping have been highlighted by scientific investigation. Research into tape has shown effects on motor synchronisation (R Mellor, 05) proprioception (M Callaghan, 02) biomechanics (B Vicenzino, 04) load (McConnell 99) and pain (R Hinman. 03). An effect of tape on connective tissue has not been previously described in the medical literature. However, real time ultrasound investigation observation demonstrates displacement of the subcutaneous tissue, the deep fascia layer and muscles (Alexander, 05). The method has an innovative objective assessment procedure and a unique tape application to provide passive load at rest; active increased load (patient self administered treatment) and multidimensional alterations of load with activity i.e. soft tissue mobilisation with activity.

This workshop demonstrates that the previously painful movement or activities are able to become a crucial part of the treatment plan as tissues are simultaneously stretched where and when it is most needed. The method is custom made for each patient/athlete for an extended and pre-determined period of time. For the patient this can mean an earlier return to work, for the athlete the ability to help maintain higher levels of training and competition and for the clinician a more accurate way of addressing the other presenting signs and symptoms of most musculoskeletal pathologies.