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Functional Fascial Taping®
Ron Alexander.

This interactive workshop demonstrates 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. The method has an innovative objective assessment procedure and a unique tape application provide passive load at rest; active increased load (patient self administered treatment) and frequent alterations of load with movement i.e. soft tissue mobilisation with activity. This 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 an athlete this has the ability to help maintain higher levels of training and competition, for the clinician it allows for a more accurate way to address the other presenting signs and symptoms of most musculoskeletal pathologies. For further information go to www.fft.net.au