

FCS FI – Fascial Intro

Prerequisite: None

Introduction to “Fascial Counterstrain” (FCS) is your entry level course into the amazing world of neuro-fascial dysfunction. This class, which acts as the pre-requisite course for the recently developed FCS series, will provide students with approximately 10 of the most powerful techniques from each class in the Fascial series: FCS VC-Viscera, FCS AR-Arterial System, FCS LV-Lymphatic-Venous, FCS N1-Nervous System, Part 1 and the future FCS Ligamentous-Capsular courses. In addition, students will be carefully instructed in the FCS “Cranial Scan” which allows for instant diagnostic information regarding every system of the human body. Students will leave this class with the ability to treat a wide variety of structures such as the epidural veins, visceral ligaments, radicular arteries, the sympathetic chain, and even multiple branches of the Vagus nerve. You may be aware that techniques exist to treat dysfunction outside of the musculoskeletal system. Become one those rare practitioners who can assess and treat ALL systems. Change lives, not just symptoms, become a Fascial Counter-strainer.

Outline:

- Introduction
- Physiological Rational of FCS
- Evolution and technical application of FCS
- The FCS cranial scan and labs
- Selected techniques/labs for all 5 fascial systems
- Wind down

Goals/Objectives:

- Gain understanding of the physiological rationale behind Fascial Counterstrain
- Understand the concept and symptoms of dysfunction in “fascial systems”
- Gain proficiency in FCS “ Cranial Scan”
- Gain proficiency in approximately 50 selected FCS techniques

Course Schedule:

Day One:	Day Two:	Day Three:
8:00 - 10:30 Registration & Opening Lecture	8:00 - 10:30 Intro to Ligamentous - Capsular FCS	8:00 - 11:00 Intro to Arterial FCS Lecture / Lab
10:30 - 10:45 Break	10:30 - 10:45 Break	
10:45 - 12:00 Surface Anatomy Demo / Lab	10:45 - 1:00 Intro to Neural FCS Lecture / Lab	11:00 - 11:15 Break
12:00 - 1:00 Lunch	1:00 - 2:00 Lunch	
1:00 - 2:30 Anterior Cranial Scan	2:00 - 3:15 Lymphatic - Venous FCS Lecture & Demo	11:15 - 2:00 Intro to Visceral FCS Lecture / Lab
2:30 - 2:45 Break		
2:45 - 4:00 Lateral Cranial Scan	3:15 - 3:30 Break	2:00 - 3:00 Wind Down Lecture
4:00 - 5:00 Posterior Cranial Scan	3:30 - 5:00 Lymphatic - Venous FCS Lab	