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NOVEL PHYSIOTHERAPIES

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Konstantinos Fousekis

Technological Educational Institute of Western Greece, Greece

Treatment of low-back pain using ERGON® IASTM technique

Purpose: The purpose of this workshop is to introduce specific ERGON® Instrument-Assisted Soft Tissue Mobilization (IASTM) techniques to health scientists/physiotherapists and to train them in the basic application of ERGON® Technique for the low-back pain treatment.

Description: ERGON® IASTM Technique is an evidence based innovative therapeutic approach combining static and dynamic manipulations of the body's soft tissue with special clinical equipment for the treatment of neuro-musculoskeletal pathologies. ERGON® technique is an innovative development of older approaches (IASTM Technique, Graston Technique, Smart tools technique, Tools assisted massage technique, etc.). In the framework of the ERGON® IASTM workshop, trainees will be taught basic techniques of ERGON instrument-assisted soft tissue mobilization, and there will afterwards be an extensive practical lesson on their specialized use in a) fascial meridians and areas of the body in general presenting findings indicating myofascial afflictions, and b) in the treatment of the low-back pain syndromes.

Intended Audience: Health scientists/physiotherapists dealing with musculoskeletal and sports pathologies/injuries are the audience for this workshop.

Materials Provided: Each participant will receive both a paper and electronic copy of (1) detailed handouts to be used during the lecture portions of the workshop, (2) descriptions of the teaching techniques that will be presented written as we will teach participants to write up new techniques, (3) scenarios and questions used during the small group critique portions of the session.

Space and Enrollment Restrictions: Enrollment must be limited to 20 participants and the room should have at least 5 treatment tables.

Biography

Konstantinos Fousekis is an Associate Professor in Sports Physiotherapy at the Department of Physical Therapy, Technological Educational Institute of Western Greece. He is a Physiotherapist specializing in soft tissue mobilization techniques (IASTM). He has years of experience in treating musculoskeletal and sports injuries and is a Professional Physical Therapist for several professional soccer teams. His research interests deals with the assessment and rehabilitation of sports and musculoskeletal injuries using IASTM techniques. In cooperation with Konstantinos Mylonas, he created the ERGON® IASTM Technique as a basic treatment of painful and non-musculoskeletal disorders.

konfousekis@gmail.com