

Why Does It Hurt?

The Fascial Distortion Model:
A new paradigm for pain relief and restored movement



*Discover how distorted fascia contributes to these problems,
and how you can find relief:*

- Sprained ankles
- Musculoskeletal pain
- Pelvic pain
- Tennis elbow
- Back pain
- Plantar fasciitis
- Knee pain
- Neck pain
- Thigh pain
- Headaches
- Shoulder pain
- Abdominal pain

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Thanks to FDM, patients stooped over from chronic back again pain now stand right, and sportsmen sidelined with sprains quickly return to the game and perform as though nothing happened. Why Does It Hurt explains how, in case after case, FDM dramatically shortens healing period, reduces the necessity for tests and medications, and restores movement and well-being to patients who had abandoned wish. Distorted fascia is usually the cause of discomfort that may not respond to common treatments of physical therapy or anti-inflammatory drugs. HOW COME It Hurt presents a complete new viewpoint on the way our bodies work using FDM, the Fascial Distortion Model,. Fascia is the fibrous connective cells that permeates our bodies and holds everything together.



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Very EASY yet INFORMATIVE read! I've suffered from very long standing, chronic low level (yet annoying) neck and thoracic discomfort for over 11 years.) We threw my boot and crutches in the trunk and got Dr.-----FOUR HOURS LATER: On the market, crutches and boot, barely used. It became my fresh "normal". I found a Physical Therapist who treated my neck and upper back utilizing the Fascial Distortion Model, and for literally 6 a few minutes, the pain was completely dissolved. It had been tense. GONE. Are you kidding me?? When you've lived in low level chronic discomfort for such a long time, your human brain starts to think it is normal and wouldn't normally know what "pain-free of charge" feels like! Paradigm shifting, worth every penny and more. I'm extremely pleased with it; The concepts themselves are clear to see, and the authors wrote the book in a very clear and concise fashion that is approachable for the lay person and medical professional alike. Now I'm learning these skills, and completely implementing this model with a paradigm change in my own practice of physical therapy! Five Stars Love it Three Stars Informative book on FDM but he could have left out most of his practical applications. He put me on crutches and in a shoe that appears like something a Storm Trooper has on, and told me not to drive for six weeks. I've purchased 5 of these books and they are all reading components in the waiting area of my clinic. or individual of chronic pain that is an excellent read. Explains the way the slightest changes in our ... For any med student, especially an osteopathic med college student, or individual of chronic pain that is an excellent read. Explains the way the slightest changes inside our body can cause major discomfort and what we can do to realign it to its proper arrangement and by so doing relieving pain. Certainly an launch to the FDM model (doesn't get too complicated) and an easy read for both pupil and patient. It was bad--I cried such as a little kid, for an embarrassing length of time. If this didn't function, it would be a very long six weeks (or even more! This, including everything I've learned over time! I'm a third season osteopathic medical pupil and I frequently use FDM within my method of treating pain. This is the first book review I've ever written. Capistrant would harm my feet and make it worse, and he repeated everything my primary doc said about needing time and energy to heal. I'm producing an exception upon this one. A few months ago my company published Dr. Capistrant's book. I had range of motion on my neck that I've under no circumstances reached - beyond normal ROM. I believe it's well completed, well written, easy to read and comprehend, and quite intriguing, however in my center, I thought this whole concept is most likely too good to be true. The fascial distortion model just doesn't square with everything I know about medication and healing. After that last Thursday morning I sprained my best ankle. New sneakers, pouring rainfall, big hurry. Five Stars great insight into this treatment Keep Discomfort in Check- DON'T STOP MOVING! I begged him to check out my ankle and he agreed, if I'd meet up with him near the airport terminal, or where he was staying, as he was without a car. I pointed out this publication to my doctor (a fairly open-minded man) and asked him if he understood anything about manipulating distorted fascia to repair a sprained ankle. He stated no, it's not feasible. He provided me my summer back again, and all I provided him was a ride to the airport terminal. Thank you FDM and thank you to my PT Matt! I'm a working mother, and that's a genuine hardship on our family. Plus, the Minnesota summertime is so short--it's demoralizing to have to miss any of it, and six weeks can be The majority of it. I got to cancel longstanding plans to go to a friend's cabin, and instead spent my lame (literally) three-day time weekend hobbling from the bed to the sofa to the bed, feeling extremely sorry for myself. I recommend "HOW COME it Hurt? Capistrant, who lives in Alaska. I asked him if he could recommend a company in the Twin Towns who does know this method. He returned to me and said he just happens to BE in the Twin Cities and is flying home another morning. Luckily my husband was house, witnessed the whole thing, and was open to get me to my clinic. My husband was very leery of the whole thing. He thought Dr. I just work at a little Minnesota publishing organization and I know so many authors that it's personally awkward, not forgetting a conflict of curiosity, to examine books. I informed him that I'm a grown-a** female and I'll take a cab if I need to. Finally he decided to drive me, but authorized his solid disapproval. 11 years of pain! There are

some very interesting illustrations that accompany the descriptions of these fascial distortions, as well. Best companion to methods and keeping pain in check from God Send Great book I have had longterm back issues resolved by my PT using these techniques.) of being looked after and ferried around by my husband... I personally learned from Dr. If you're a fan of movement, being pain free, conceptual models, unifying theories, physical therapy, manual medication, repairing that nagging back discomfort you've got since that fall on the ice or that time you squatted overweight, then this book (or getting treated by an FDM-trained medical professional) could become for you. Capistrant work, using only his hands to control the fascia in my own leg and foot. I was expecting it to hurt like hell, nonetheless it wasn't bad--weird, however, not bad. Fascial Distortion Model can be an up-and-arriving modality for treating severe and chronic discomfort with many applications in the musculoskeletal field. Capistrant was working his thumb down from my knee to my foot and I said, "You've got some really sharp fingernails!" He said, "I don't have any fingernails." He was using the pad of his thumb, not the end, to release an extended result in band in my own calf. It felt like it was getting sliced, and it just melted away." to any American thinking about simple, effective healthcare that doesn't depend on expensive drugs, tests, tools, or unending follow-up therapy. He found a spot and pressed on it quite hard until I sensed something simply dissolve. Within two minutes I was strolling without pain. In three minutes I could stand on one foot (the sprained foot). In five minutes I could stand on my tiptoes. My hubby was teary-eyed and sort of in shock. I asked him later on what he was thinking when he viewed me walk. He said, "I thought you merely wanted to be right so badly that you tricked your brain into ignoring the pain and faking it." (Any various other wedded people out there relate with that sentiment? Being a physical therapist myself, I've tried everything including viewing many many therapeutic massage therapists, physical therapists, chiropractors, naturopaths and acupuncturists and have spent hundreds of dollars upon this chronic issue. Capistrant to Alaska Airlines right on time. The only thing that heals a sprained ankle is definitely period. Today, just four times after my damage, I'm walking with ease, I have no pain, and I'm the happiest female in the complete USA. I drove myself to work this morning, and I'm heading back to my clinic on my lunch time hour to see if I can get a refund for these \$80 crutches which \$350 boot, and I'm offering my doc a duplicate of this book, on me. On Saturday evening, in despair, I emailed Dr. After that he do something to my foot that felt just like a bunch of bubble wrap popping inside. The Fascial Distortion Model isn't a panacea--it can not be applied to all health problems-- but it's a fantastic and simple alternative for most pains and issues that can't be described or solved by additional strategies. Everything helped but hardly ever really took the pain away nor the continuous discomfort that I felt. I recommend this book to anyone thinking about osteopathic manipulation or anyone suffering from chronic musculoskeletal discomfort and wants another opinion on why they harm. The patients respond very well to the illustrations and descriptions of the body languages of the different fascial distortions. I have it bookmarked at essential locations that I present to everyone before I treat them with FDM. If you are interested in learning about FDM, this is the book to learn. Provides practitioners with a refresher on a number of the FDM vocabulary and is an excellent guide for fielding a few of the FAQs that patients inevitably have about FDM. I go through this book as an initial year student and wished that it had more descriptions of the procedure methods, but after reading it following a weekend FDM workshop and dealing with patients with FDM on my third calendar year clerkships, this publication arrived alive and everything started making sense. Fascial Distortion Model works I'm a third 12 months medical pupil and it's the textbook I keep in my white coating all the time. The results I've got applying the principles in this book have got remarkably improved the lives of my family, friends, and patients. Read this if you are frustrated with how you've been treating pain. Buh-bye, Crutches! At one point Dr. Regardless of whether you are a health professional or an individual seeking treatment for persistent pain that doesn't involve addictive discomfort medications, I recommend reading this reserve to gain an understanding of FDM and what it can do for you. The book itself is quite fair towards questions pertaining FDM, such as its pathophysiology,

success rate, and what patients can expect. Sunday morning he drove me to where Dr. Cappistrant on how best to make use of FDM and its own made me a more superb and well-rounded medical student. Personally i think that FDM which book should be required reading for all osteopathic medical students. Informative yet easy continue reading Fascial Distortion Model (FDM) Informative yet easy read on Fascial Distortion Model (FDM). Recommend read for sufferers and practitioners. Gives sufferers the opportunity to comprehend FDM and how they are able to reap the benefits of its use within their treatment. You can read and accessible for the layman and useful as a reference for a medical student or physician. I was completely dumbfounded. That is a nicely written introduction to the concepts of fascial distortion, a new way of evaluating and treating pain complaints and physical medicine. Truly life-changing. Now, along with everything else, I acquired marital capital at stake. It's a quick read, taking me simply an afternoon to complete. I'd also point out that the price of the book makes it quite attainable by poor medical learners, as its far, much cheaper when compared to a text book, and a whole lot more fun to learn. Capistrant was keeping, and watched Dr.



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