

**IFDMO®**International  
Fascial Distorti  
Organization**FDM courses in Lisbon / Portugal -2026****Fascia – Distorsion - Model – FDM – according to Dr. Typaldos**

(lat: "fascia" connective tissue – "distorsion" – twisted)

The FDM model is a very effective new method in pain management for patients with musculoskeletalneural pain.

It was developed by Dr. Stephen Typaldos, emergency medical specialist and osteopath. He came up with this theory in 1991.

He had realized that his patients although they came with different medical diagnosis, always showed the same body speech and came up with the same symptoms.

To him the principle of this phenomenon was 6 different fascia distorsions, which differ in some parts, for example locations, quality of pain and the discription of the symptoms.

For all these distorsions he created a classification of treatments on the basis of osteopathy, chiropractic and manual therapy.

**Intensivkurs: auf Deutsch 😊****Termin: Montag, 06. – Samstag, 11. April 2026**

- Alle Module in einer Woche

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