



AUSTRALIAN FASCIA SYMPOSIUM

ONLINE PROGRAM

FRIDAY 18TH, SATURDAY 19TH, SUNDAY 20TH SEPTEMBER 2020

HOSTED BY:



**ANATOMY[®]
TRAINS** AUSTRALIA &
NEW ZEALAND

IN COLLABORATION WITH:



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DAY ONE PROGRAM

FRIDAY 18TH SEPTEMBER 2020

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AUSTRALIAN
FASCIA SYMPOSIUM

PLEASE NOTE ALL TIMES ARE IN AEST.

1400 - 1530

PROF. SCOTT WEARING - KEYNOTE PRESENTER



TBA

Scott Wearing is a Professor of Clinical Sciences at Queensland University of Technology (QUT), Australia. His research interests include the measurement of soft tissue properties and their adaptation to exercise, pathology and disease. He has published widely in the areas of bioengineering, orthopaedics and sports medicine.

1530 - 1555

LIVE QUESTION & ANSWER SESSION WITH PROF. SCOTT WEARING

1600 - 1730

PROF. BRUNO BORDONI



Where To Start To Understand What Is Fascia?

- From embryology to the unknown
- What is missing to understand the fascia?
- Biophotons
- Emotions
- Electromagnetism
- Biotensegrity or Fascintegrity?

1730 - 1755

LIVE QUESTION & ANSWER SESSION WITH PROF. BRUNO BORDONI

1830 - 1945

KARIN GURTNER



Adductor Magnus: Pathway To The Pelvic Floor

It is significant in size, function, and influence—yet regularly overlooked or kinaesthetically faded out: the adductor magnus. In this interactive lecture, we will zoom into the Deep Front Line, where this sling of muscles and fascia is embedded. For optimal functionality in and around the pelvis and lower back, we will dynamically stabilise the sacroiliac joints from within rather than externally.

1945 - 2010

LIVE QUESTION & ANSWER SESSION WITH KARIN GURTNER

DAY TWO PROGRAM

SATURDAY 19TH SEPTEMBER 2020

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AUSTRALIAN
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1300 - 1415

JILL MILLER



Self Myofascial Release Research: What We Know, What We Don't Know, And The Missing Links.

Stress Transfer Mediums have been used for thousands of years, but a scientific lens has only recently magnified their impact on human tissue. This talk asks you to embody the laboratory of your own body.

1415 - 1440

LIVE QUESTION & ANSWER SESSION WITH JILL MILLER

1530 - 1700

ANDRZEJ PILAT PT



Fascia And The Interoceptive Load. The Relevance Of Fascia From Its Micro To Macrostructure.

Andrzej Pilat, PT is a Physiotherapist and a Specialist in Manual Therapy. He is the creator of the Myofascial Induction approach, and Director of the School of Myofascial Therapies Tupimek. Notably, Dr Andrzej Pilat is a founding member of the Fascia Research Society.

1700 - 1725

LIVE QUESTION & ANSWER SESSION WITH ANDRZEJ PILAT

1730 - 1900

DR. ROBERT SCHLEIP - KEYNOTE PRESENTER



Latest News From The International Science Field With Implications For Manual And Movement Therapists.

The field of international fascia research is currently one of the most dynamic and most inter-disciplinary fields within musculoskeletal medicine. This talk looks at the latest Fascia research and what it means for Manual and Movement Therapists.

1900 - 1925

LIVE QUESTION & ANSWER SESSION WITH DR ROBERT SCHLEIP

DAY THREE PROGRAM

SUNDAY 20TH SEPTEMBER 2020

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AUSTRALIAN
FASCIA SYMPOSIUM

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1200 - 1315

DAVID LESONDAK, BCSI, ATSI, FST, VMT.



Fascial Release: What are We Really Releasing?

"You can't change fascia". We hear, see, and read this a lot and while there are good arguments to be made for the primacy of the nervous system, it's important that we understand the underlying mechanisms behind fascial change. Get comfy because you won't want to miss a second of this lecture.

1315 - 1340

LIVE QUESTION & ANSWER SESSION WITH DAVID LESONDAK

1345 - 1445

ALISON SLATER



Maintaining Healthy Fascia. What We Know So Far!

We are learning more all the time about the intricacies of fascia, but as clinicians, how much can we hope to influence fascial tissue? And how can we guide the maintenance of healthy fascia? We will explore the current literature on all things fascia to discover the answers, some of which may surprise you...

1445 - 1510

LIVE QUESTION & ANSWER SESSION WITH ALISON SLATER

1600 - 1730

CATERINA FEDE, PhD.



Molecular Aspects Of The Fasciae: What Is Fascia Made Of And How Does It Change Based On Hormonal, Physical And Pharmacological Stimuli?

All the factors influencing cells or extracellular matrix behaviour may influence the composition and the properties of the entire fascial tissue. Only a clear understanding of the microanatomy of the fasciae will permit us to understand what alterations may give rise to pain, making it possible to provide more rational treatments.

1730 - 1755

LIVE QUESTION & ANSWER SESSION WITH CATERINA FEDE, PhD.

	AUSTRALIA & NEW ZEALAND					ASIA							
DAY ONE	AEST		AWST		ACST		NZST		CST		HKT		SGT
SCOTT WEARING	1400 - 1530		1200 - 1330		1330 - 1500		1600 - 1730		1200 - 1330		1200 - 1330		1200 - 1330
LIVE Q&A	1530 - 1555		1330 - 1355		1500 - 1525		1730 - 1755		1330 - 1355		1330 - 1355		1330 - 1355
BRUNO BORDONI	1600 - 1730		1400 - 1530		1530 - 1700		1800 - 1930		1400 - 1530		1400 - 1530		1400 - 1530
LIVE Q&A	1730 - 1755		1530 - 1555		1700 - 1725		1930 - 1955		1530 - 1555		1530 - 1555		1530 - 1555
KARIN GURTNER	1830 - 1945		1630 - 1745		1800 - 1915		2030 - 2145		1630 - 1745		1630 - 1745		1630 - 1745
LIVE Q&A	1945 - 2010		1745 - 1810		1915 - 1940		2145 - 2210		1745 - 1810		1745 - 1810		1745 - 1810
DAY TWO	AEST		AWST		ACST		NZST		CST		HKT		SGT
JILL MILLER	1300 - 1415		1100 - 1215		1230 - 1345		1500 - 1615		1100 - 1215		1100 - 1215		1100 - 1215
LIVE Q&A	1415 - 1440		1215 - 1240		1345 - 1410		1615- 1640		1215 - 1240		1215 - 1240		1215 - 1240
ANDRZEJ PILAT	1530 - 1700		1330 - 1500		1500 - 1630		1730 - 1900		1330 - 1500		1330 - 1500		1330 - 1500
LIVE Q&A	1700 - 1725		1500 - 1525		1630 - 1655		1900 - 1925		1500 - 1525		1500 - 1525		1500 - 1525
ROBERT SCHLEIP	1730 - 1900		1530 - 1700		1700 - 1830		1930 - 2100		1530 - 1700		1530 - 1700		1530 - 1700
LIVE Q&A	1900 - 1925		1700 - 1725		1830 - 1855		2100 - 2125		1700 - 1725		1700 - 1725		1700 - 1725
DAY THREE	AEST		AWST		ACST		NZST		CST		HKT		SGT
DAVID LESONDAK	1200 - 1315		1000 - 1115		1130 - 1245		1400 - 1515		1000 - 1115		1000 - 1115		1000 - 1115
LIVE Q&A	1315 - 1340		1115 - 1140		1245 - 1310		1515 - 1540		1115 - 1140		1115 - 1140		1115 - 1140
ALISON SLATER	1345 - 1445		1145 - 1245		1315 - 1415		1545 - 1645		1145 - 1245		1145 - 1245		1145 - 1245
LIVE Q&A	1445 - 1510		1245 - 1310		1415 - 1440		1645 - 1710		1245 - 1310		1245 - 1310		1245 - 1310
CATERINA FEDE	1600 - 1730		1400 - 1530		1530 - 1700		1800 - 1930		1400 - 1530		1400 - 1530		1400 - 1530
LIVE Q&A	1730 - 1755		1530 - 1555		1700 - 1725		1930 - 2055		1530 - 1555		1530 - 1555		1530 - 1555

CURRENTLY ALL SESSIONS WILL BE AVAILABLE TO VIEW FOR A FURTHER 7 DAYS AFTER THEY ARE LIVE .

