



# Interdisciplinary Fascia Therapy (IFT<sup>®</sup>) Certification Course

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A New, Evidence-Based,  
Sustainable Methodology  
for Pain and Stress Reduction

A Seminar/Workshop for Physicians,  
Physiotherapists, Chiropractors,  
Rolfers™, Masseurs, and other  
Medical Professionals



## WHAT IS INTERDISCIPLINARY FASCIA THERAPY (IFT®)?

Interdisciplinary Fascia Therapy (IFT®) is a combination of stress management, high performance strategies, self-help treatments, and effective, evidence-based myofascial bodywork therapy, based on the unique treatment to treating fascial mechanoreceptors.

IFT comprises three core elements:

1. Patient-centered therapeutic methodology
2. Self-therapy methods for patients
3. Self-therapy methods for therapists.

The IFT Method is based on stimulating the tissue or fascial mechanoreceptors and regulating the immune response to inflammatory stimuli. It utilizes combinations of heart rate variability (HRV) breathing for vagal tone stimulation as well as myofascial bodywork using manual and instrument-based therapy. The certification course aims to reduce the myofascial symptoms and stress by using the *Fascia-ReleaZer*. The tool's unique vibro-shearing function combines vibration with lever and shear effects via the specifically designed edges of the *Fascia-ReleaZer*. The course includes training in a five-grip sequence for chronic back pain.

It also includes discussion of the connection between HRV training (vagal tone) and inflammatory competence and demonstrates training methods.

### Unique Aspects of the Certification Program

- An opportunity to learn new techniques focusing on neurophysiology, the autonomic nervous system, fascial receptors, and heart rate variability (HRV) training
- 16 evidence-based studies on the topic of IFT
- Highly sustainable and effective therapeutic approaches
- Proven rapid effectiveness of the manual grip sequences
- Self-therapy methods for patients
- Specially designed self-therapy methods for therapists
- Manual and instrument-based methods with innovative cutting-edge tools



## FASCIAL MANIPULATION

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Fascia therapy plays a central role in the IFT Method. Fascial release techniques allow highly specific, differential treatment of the three-dimensional fascia network. This enables stiffness of the fascia tissue to be reduced, its elasticity to be improved, joints to be released, and stereotypical movement patterns to be corrected. Proper manipulation of the deep-rooted cross-links in the tissue contributes to balancing the organism as a whole and correcting muscular imbalances. Four different types of mechanoreceptors are currently distinguished: Golgi, Pacini, and Ruffini receptors, as well as the free nerve endings, known as the interstitial receptors. In addition, triggerpoints are treated. To ensure that the treatment is successful as possible, IFT focuses on treating all the mechanoreceptors and on specialized treatment of myofascial lesions.

*Examples of various grips of the IFT Method:*





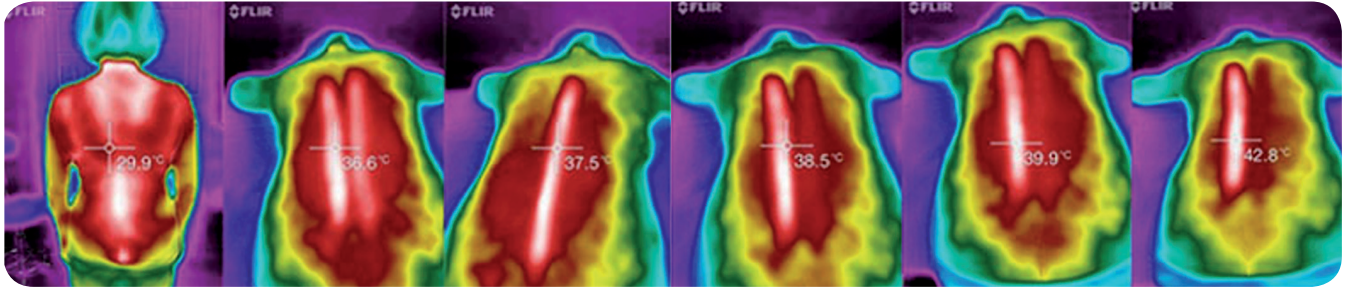
## FASCIA TOOLS

In addition to the manual fascial release techniques, the IFT Method uses special treatment tools developed by Christopher-Marc Gordon. These fascia tools are designed to affect the various different mechanoreceptors. To evaluate the effects of the IFT Method and the effectiveness of these tools on the myofascial tissue, the CIT research team in Stuttgart has conducted many scientific studies in collaboration with the universities of Tübingen, Memphis, California, Ulm, and Palma. Objective, verifiable parameters have shown successful pain reduction, as well as reduced stiffness and improved elasticity in the myofascial tissues.



The single **Deep-ReleaZer** is a soft-touch manipulation instrument that allows deep relief/relaxation of the thoracolumbar myofascial tissues, especially on the multifidus muscle. The instrument was invented by the CIT Research Institute specifically for treating chronic back pain.

*Example of the effects on tissue temperature five minutes after treatment with the Fascia-ReleaZer with Deep-ReleaZer*



Before

Increase of 12.9°C

After



This **IFT Needle Roller** incorporates four noninvasive needle metals encased in soft pliable rubber for anatomical topographical adaptability (invented by Dr. Lyapko, Ukraine). It is used for specific stimulation of the mechanoreceptors in the skin and underlying tissues.

## SELF-HELP TREATMENT METHODS AND TOOLS

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The IFT Method offers patients tools and strategies for self-treatment as an adjunct to their current therapeutic approaches, enabling them to make this therapy more efficient and improve their quality of life, thereby contributing to the long-term success of treatment.

One of these tools, the *Fascia-ReleaZer*, which allows patients to regulate their pain and stress therapy. The special feature of the *Fascia-ReleaZer* is a combination of vibro-shearing and a unique vibro-breath pacemaker (for heart rate variability training) built into the oscillation tool, which stimulates the vagal tone of the autonomic nervous system.

*Example of vibro-shearing (self-therapy).*

*Can also be performed by a trained therapist.*



## SCIENTIFIC BACKGROUND

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### CIT Research Institute

The institute's research focuses on fascia, self-help therapy, chronic pain, and stress. Since 2006, the CIT Research Institute has been cooperating with the University of Ulm (Germany), the University of Tübingen (Germany), the University of Witten/ Herdecke, the University of Memphis (USA), Alliant International University (USA) and the University of Palma de Mallorca (Spain) in the field of salutogenesis.

Nine clinical studies have been conducted to evaluate the effectiveness and efficiency of the IFT Method. Three randomized controlled trials were presented at specialist conference events, including the International Fascia Research Congress in Washington DC (2015) and the International Congress on Low Back and Pelvic Girdle Pain in Singapore (2016). In addition, presentations and an IFT workshop were held at the CONNECT Congress for Sports Medicine at the University of Ulm in 2017 and at the International Fascia Research Congress in Berlin in 2018.

The article »Self-Myofascial Vibro-Shearing: a Randomized Controlled Trial of Biomechanical and Related Changes in Male Breakdancers,« which was recently published in the journal *Sports Medicine – Open*, shows the effects of the *Fascia-ReleaZer* on biomechanical parameters.

# OVERVIEW OF TRAINING COURSE

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**Participants:**

Physicians, chiropractors, physiotherapists and other medical professionals

**Aims:**

To educate and implement fast, effective, and safe evidence-based methods for stress and pain reduction for the autonomic nervous system and myofascial systems

**Duration:**

Compact training I (3 days), Compact training II (3 days)

## COMPACT TRAINING I: 3 days

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- Pain and Stress Resilience: ANS and Self-Therapy
- Practical Self-Therapy and Background Science
- Shoulder and Neck Protocol, Pulsed Muscle Energy Techniques
- Lumbar, Pelvis, and Thoracic Spine Protocol
- Assessment Instruments and Tool-Assisted Methods
- Sustainability Management and Evidence-Based Practice

## COMPACT TRAINING II: 3 days

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- Cutting-Edge Science in Action: Evidence-Based Fascia Therapy
- Foot, Knee, Hip, and Leg Protocol
- Pre-Frontal Cortex Stimulation and HRV Training
- Arm, Elbow, and Hand Protocol
- Epigenetics, DNA, and Metabolism
- IFT Therapist Basic Certification Exam (Oral, Written and Practical)

## CONTINUING EDUCATION

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**Trainer Course:**

Resilience Training with the Fascia-ReleaZer (4 days)

## Livescience

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Livescience describes a substrate from 30 years of professional experience and 15 years of scientific clinical work and has its origin in the observation and measurement of psycho-physiological phenomena with subsequent verification in a total of 23 studies. For example changes in hydration or elasticity in the tissue, are made visible and/or measurable. As such, complex and objectively reproducible measurement parameters are made easily understandable for the layman or the expert. A wide range of parameters are demonstrated via means of short videos or live measurements of the changes in the myofascial tissues or the autonomic nervous system.



CIT Academy

Interdisciplinary Fascia Therapy (IFT®) Certification Course



## WORKSHOP INSTRUCTOR/PRESENTER

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### **Christopher-Marc Gordon PT.hcpc.UK.**

Physiotherapist, naturopathic physician, myofascial osteopath, High Performance Coach, clinical researcher, creator of the IFT Method, founder of the CIT Research Institute and CIT Academy, Inventor, Author.

### **Methods**

Development of Interdisciplinary Fascia Therapy (IFT), a new evidence-based treatment methodology for medical professionals, and a self-help technique for the general public for the treatment of pain and stress symptoms.

### **Inventions**

**Fascia-ReleaZer**, an innovative self-help tool for treating myofascial tissue that combines vibrational oscillation, leverage and the shearing effect, **Deep-ReleaZer**, a soft-tipped nosed tool, **Cellulite-ReleaZer**, a self-help tool to reduce cellulite and increase microcirculation, **Stress-ReleaZer**, an instrument for stress competence training.

### **Books**

»Leben ohne Stress und Schmerzen durch die neue Faszien-Selbsttherapie«, Fischer Verlag, and »Fascia in Sport and Movement« (co-author) Handspring Publishing.



### **CIT Academy**

Open training courses and in-house training for corporate health management and medical professions since 1998.

### **CIT Research Institute**

Conducting science and research and publishing papers relating to fascia, pain and stress at congresses worldwide.

### **Clinical Management**

Dr. med. Günther Bittner  
*Orthopedist*



### **IFT Faculty Team**

Carmen Graf  
*Physiotherapist BSc,  
Naturopathic physician*

Sophie Manuela Lindner  
*Physiotherapist BSc, MA*

Natalie Neugum  
*Physiotherapist*





**CIT Academy**

The CIT Academy provides teaching and training courses for stress and pain therapy in hospitals, private clinics, and companies in Germany and abroad.

**Center for Integrative Therapy CIT®**

CIT Praxis - CIT Academy - CIT Research Institute

Ahornstrasse 31

70597 Stuttgart-Degerloch

Germany

Tel.: +49 (0) 711 23 66 321

Fax: +49 (0) 711 23 66 772

E-mail: [organisation@center-gordon.de](mailto:organisation@center-gordon.de)

Website: [www.center-gordon.de](http://www.center-gordon.de)

[www.fascia-releazer.com](http://www.fascia-releazer.com)

