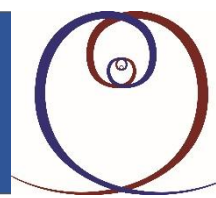


CIT Academy



CIT Academy



COURSE INSTRUCTOR AND LECTURER

Christopher- Marc Gordon, PT.hcpc.UK

Physiotherapist, Naturopathic Physician, Myofascial Osteopath, High Performance Coach, Creator of the IFT Method, Founder of the CIT Research Institute and CIT Academy, Inventor, Author

The 6-Day Foundation Course will take place in the beautiful Stuttgart near the Black Forest. The area around Stuttgart is characterized by many attractive places: vineyards, great hiking trails in the Black Forest, the Lake Constance (Bodensee), the Tv Tower in Stuttgart and much more.

Language: English and German.

Are you interested? Please contact the CIT Academy for further information.

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FOUNDATION COURSE

Interdisciplinary Fascia Therapy® (IFT)

Stuttgart (Germany)

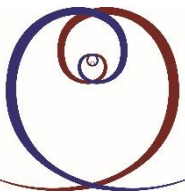
January 2019

A New Evidence-Based, Sustainable Method to Reduce Pain and Stress

For Physicians, Physiotherapists, Chiropractors, Rolfers, Masseurs and other medical professionals

With the founder and owner of the IFT-Method, Christopher-Marc Gordon PT.hcpc.UK, course instructor and lecturer





WHAT IS IFT AND HOW DOES IT WORK?

The Interdisciplinary Fascia Therapy® (IFT) is a combination of stress management, high-performance strategies, self-help treatment and effective, evidence-based, myofascial body therapy based on the unique treatment of fascia mechanoreceptors. IFT is built on a three-fold structure: 1. patient-centered therapeutic methodology, 2. self-therapy measures for therapists and 3. self-therapy methods for patients.

The combination and further development of this spectrum of therapeutic systems causes a deactivation of pain and stress in peripheral myofascial tissue and a possible reduction of central pain sensitization.

Nine scientific, clinical studies - including three randomized, controlled trials - have been conducted to evaluate the efficacy and sustainability of the IFT method and have already been presented at various congresses worldwide, including the International Fascia Congress in Washington DC in 2015 and the International Low Back Pain Congress in Singapore 2016. A new publication in Sports Medicine Open shows the effects of the Fascia-ReleaZer in biomechanical parameters (<https://bit.ly/2KLRMrS>).



FASCIAL MANIPULATION

One of the focal points of the IFT method is a new form of fascia therapy. Using these fascial manipulation techniques, the three-dimensional fascia network can be treated in a very specific and differentiated way. The slow deep manipulation of the affected tissues can correct possible cross-linking in painful or pathological tissues. IFT focuses on the treatment of all mechanoreceptors with manual and tool-supported fascia manipulation techniques in order to achieve the best possible treatment success.

FASCIA TOOLS

In addition to manual fascia release techniques, Christopher-Marc Gordon has developed special treatment tools. The so-called "fascia tools" have an effect on the respective mechanoreceptors.

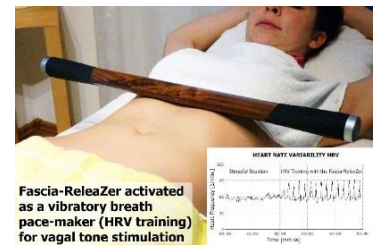
So far, the objective, verifiable parameters have shown success in pain reduction, as well as an improvement of stiffness and elasticity in myofascial tissues.



SELF-HELP TREATMENT METHOD

The IFT method offers patients tools and strategies for self-treatment as an addition to the current therapy. Thereby, the therapy efficiency and quality of life can be improved for an optimal and lasting treatment success.

One of these tools, the Fascia-ReleaZer®, is a self-regulating tool for 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 oscillation. The vagal tone of the autonomic nervous system is thus stimulated.



Fascia-ReleaZer activated as a vibratory breath pace-maker (HRV training) for vagal tone stimulation