

# **Application of Fascial Manipulation Technique in Patients Who Suffer From Gastroesophageal Reflux Disease (GERD). A pilot study.**

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**BACKGROUND:** Gastroesophageal reflux disease is a common chronic condition characterized by the reflux of gastric contents across an incompetent gastro-oesophageal junction. This results in damage and inflammation of the lining of the oesophagus. Researchers do not agree on the etiopathogenesis of acid reflux.

**METHODS:** This paper presents a pilot study in which a manual technique, Fascial Manipulation® for Internal Dysfunction<sup>1</sup> is used. Treatment was administered to 20 subjects suffering with GERD and consisted of locating and treating specific areas termed centres of coordination (cc) and centres of fusion (cf). The treatment of these fascial points helps to both restore function within the autonomic nervous system and normal motility of the visceral fascia and related organs.

Visual Analogue Scale (VAS) measurement of pain and Velanovich's GERD HRQL administered prior to the first session, and after the third session, were compared with a follow-up evaluation at 3 months.

RESULTS: All patients showed a significant reduction in subjective pain perception and an increased function assessed by GERD HQRL at the end of the treatments and follow-up.

CONCLUSIONS: The results show that Stecco's FMID may improve symptoms of GERD.

Physicians should consider adding this somatovisceral approach to the care of patients with this condition.

References: 1. Stecco L, Stecco C. (2014) Fascial Manipulation for Internal Dysfunction. Piccin

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