

ABSTRACT     Presenter: Jutta Wilbricht

WORKSHOP: Matrix Fascia Therapy®

In this workshop Jutta Wilbricht introduces a systemically oriented therapy concept aimed at optimizing the self-organization and regeneration of the body through restoration of healthy conditions in the cell-milieu-complex. As a global tension network of the body, fascia are essential for the effectiveness of regulatory medicine. Thus, in this therapy concept, the therapist addresses and treats not merely physical, but also energetic and psychological levels of healing.

Jutta Wilbricht will further demonstrate how fascia can be manually mobilized in their function with simultaneous sensory awareness training in order to achieve improvements in kinesic behavior. Locally focused, rhythmic micro-extension techniques loosen conglutination, improve range of motion, and deacidify the tissue. This therapy method is pleasant for the patient, especially when the NeuroStim® device is used, and is therefore also ideal for patients with acute pain.