

Fascial Distortion Model Module 1: Ankle, Shoulder, and Knee

Date: Saturday, June 28 through Sunday, June 29, 2025

Location: AAO Offices, Indianapolis, IN

Course Director: Angela Lim, DO

Register online at www.academyofosteopathy.org



Course Description

This introductory course is an excellent starting point on the journey of learning the fascial distortion model (FDM). FDM is an excellent modality to be used in the clinic, on the field, and in the emergency room for fast, effective results.

While there are some specific FDM techniques, emphasis will be placed on thinking and working in the model while using all manipulative modalities. Attendees will be introduced to the theory of FDM while focusing on the shoulder, ankle and knee regions. Learn how FDM expands the toolbox you use to help more patients.

This modality is valuable for any practitioner and no previous manipulation experience required. All medical providers are invited to attend (including DO, MD, PT, OT, PA, NP, DPM, DDS, DMD, ATC, DC, ND, certified structural integration, and osteopathic or allopathic medical students).

Course Prerequisite

Pre-work, 4 hours: Virtual introduction to FDM, history, terminology, fascia, and fascial

distortions. Link will be provided no later than 2 weeks prior to the start of course via email; pre-work must be completed by all participants prior to start of Day 1, and is included in eligible CME hours.

Continuing Medical Education

20 credits of AOA Category 1-A CME anticipated

Course Location

AAO Office
3500 DePauw Blvd, Ste. 1100
(Pyramid 1, Floor 10)
Indianapolis, IN 46268
Closest airport: Indianapolis (IND)

Meal Information

Morning coffee and hot tea provided each day. Lunch provided Saturday and Saturday (gluten-free and vegan options available).

Course Dates & Times

- Saturday, June 28, 7:45am-5pm
- Sunday, June 29, 7:45am-5pm

Course Director

Angela Lim, DO was born and raised in southeast Michigan. She earned her Bachelor of Science from Western Michigan University and her Doctor of Osteopathic Medicine from the Michigan State University College of Osteopathic Medicine. She completed her residency training in the combined family medicine and osteopathic manipulative medicine program at Metro Health Hospital in Grand Rapids, Michigan. Finally escaping the harsh Michigan winters, she arrived in Vacaville, California, to work at NorthBay Healthcare, a community-based hospital in Solano county. She started off trying to balance between family medicine and OMM but quickly turned to a full-time OMM practice. She currently sees everyone from newborns to seniors and for problems as varied as the patients themselves.

Dr. Lim also enjoys teaching. She has been adjunct faculty for the Touro University College of Osteopathic Medicine-California since 2011, and she has third-year students rotating regularly in her clinic.

Registration Fees

	On or before April 27, 2025	April 28, 2025– June 27, 2025	On or after June 28, 2025
Academy member in practice*	\$830	\$880	\$1,080
Resident or intern member	\$630	\$680	\$880
Student member	\$430	\$480	\$680
Nonmember practicing DO or other health care professional	\$1,230	\$1,280	\$1,480
Nonmember resident or intern	\$1,030	\$1,080	\$1,280
Nonmember student	\$830	\$880	\$1,080

* The AAO's associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

Questions or need additional information? Contact event planner Dreonna Howard at eventplanner@academyofosteopathy.org