

Functional Soft Tissue Transformation

A Functional Perspective on Structural Remodeling

You can now join us
in three locations:

Hermosa Beach, CA

Lynnwood, WA

Chicago, IL

VIEW DATES

**ONLY \$495
Per Day!!!**

OR

We can come to you,
bring us into your
facility and train your
entire staff at the
same time.
See page 5



A new approach to improving the soft tissue's role in function.

Join Dr. Vince Guagliano and Lenny Parracino, Fellow of Applied Functional Science for a new course in soft tissue therapy...

Functional Soft Tissue Transformation (FSTT)

Soft tissue refers to tissues that connect, support, or surround other structures and organs of the body, not being bone. Soft tissue includes tendons, ligaments, fascia, fibrous tissues, fat, synovial membranes and muscles, nerves and blood vessels. Within functional movement soft tissue's must have relative motion to allow for optimal joint motions. This class will share an approach to first evaluate movement for efficiency, then assess the soft tissues ability to optimally translate within selected movements. When abnormal tensions are identified, techniques for restoring soft tissue health are warranted. FSTT improves not only the soft tissues health but also the intended function. This class is 90% hands-on and will cover:

1. Unifying principles that govern human movement
2. Global assessment / evaluation methods and specific methods for emphasized region
3. Techniques to restore / remodel the soft tissues

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Presenters Biographies



Lenny Parracino, CMT, FAFS (Fellow of Applied Functional Science) Gray Institute Faculty



Lenny Parracino is a former author, hands on instructor and clinician for The National Academy of Sports Medicine. Currently, he serves as a faculty member of the Gray Institute of Applied Functional Science. He has spent over 20 years serving the health industry as an international lecturer, soft tissue therapist and movement therapist. Lenny has performed over 300 lectures/workshops, has written educational materials and consulted/lectured in the fitness, educational industry and for various medical organizations around the world. Lenny has earned his degree in Health Science, is a Fellow of Applied Functional Science, holds a California certification/license to practice soft tissue therapy. As a full time clinician, he integrates an eclectic approach of movement conditioning with Dr. Vince Guagliano and Dr. Carina Escudero at AIM Sports Medicine in Hermosa Beach, California.

Dr. Vince Guagliano, DC



Dr. Vince Guagliano has 20 years of experience working with soft tissue injuries. He earned his Bachelor's degree in Athletic Training, where he began honing in on his soft tissue skills geared toward a variety of athletic injuries. He completed his degree in chiropractic at LACC with an emphasis in soft tissue manipulation. Throughout his career, Dr. Vince Guagliano has explored various myofascial techniques and their applications. He has worked extensively with Olympic, professional and amateur athletes of all levels and has lectured and taught athletic injury assessment and soft tissue management to therapists and doctors. He believes firmly in preventative care and proper recovery through functional stretching, foam rolling, and other therapeutic modalities.

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Important Course Information

“The soft tissue ... is the perfect complement to functional rehabilitation and training. It is consistent with the principles of Applied Functional Science, and working directly on the tissues facilitates the efficient movement patterns that we all seek”

David Tiberio Ph.D., PT

“the flow and creativity of the FSST approach to soft tissues are supported by the science of fascial release. The tools that I have acquired attending this course truly is priceless to any hands on therapist”

**Henry Rivera, LMT,
ART, FAFS**

[Video Demo Click Here](#)

Class Times:

7:30 - Registration

8:00-10:00 - Unifying principles of human movement

10:00-11:00 - Assessment techniques of the applicable topic

11:00-12:00 - Soft tissue techniques of the applicable topic

12:00-1:00 - Lunch Break

1:00-4:00 - Soft tissue techniques of the applicable topic

4:00-5:00 - Practical case study examples for the applicable topic

Course Locations: (Click here for hotel information)

AIM Sports Medicine
1035 Aviation Boulevard
Hermosa Beach, CA 90254

Experience Momentum
4720 200th SW, Ste. 100
Lynnwood, WA 98036

Redefined Fitness & Physical Therapy
600 W. Van Buren St.
Chicago, IL 60607

To register or view the dates for these locations [click here.](#)

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sports medicine

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Frequently Asked Questions



Who Should Attend?

Any practitioner that uses a hands-on approach to improving human movement; physical therapists, chiropractors, massage therapists, osteopaths, athletic trainers, Rolfers, Fellows of Applied Functional Science, etc.

What should I do to prepare for the course?

You will receive an extensive practical manual with each course detailing all procedures. In addition, please review associated anatomy of selected course. For example, if you decide on the Hip Complex course, review all hip complex structures so you are familiar with names and locations. Also recommended, please review the Gray Institutes Functional Video Digest DVD on associated structure.

What should I wear to the course?

This course is 90% hands-on, which means you will be moving and being moved. Please bring or wear shorts for the lower extremity courses and sports bra for the spine and upper extremity courses.

What is the attendee instructor ratio?

All attendees will practice with instructors with EVERY procedure. The class size is small for this reason. We want to ensure you feel comfortable applying what you learned immediately. In fact we will stay late if needed.

Which course should I start with?

It doesn't matter. The courses are designed to stand alone, but can be grouped for convenience of travel. You can take them in any order.

Will I learn how to assess or just learn procedures?

Yes, you will learn how to assess, functionally and structurally and then create strategies for functional improvement. You will also be given a system for assessing in written format for your practice.

Is this like massage therapy?

No, although instructors have extensive backgrounds in soft tissue therapy what you're learning is a unique "blend" of many years of practice using the unifying principles of human movement combined with an understanding of how soft tissues function **within** movement. Therefore, the techniques are based on function not structure or symptoms, which makes FSST very unique.

Can the courses be purchased on-site or are all courses held in Hermosa Beach?

Yes, courses can be taught at your facility. Please contact Keith Bozyk for more information.

If I have questions regarding the course content whom can I contact before deciding?

Lenny Parracino @ lparracino@gmail.com or 805-404-1066

If I have questions regarding registration, whom can I contact?

Keith Bozyk @ KBozyk@grayinstitute.com or 517-266-4653

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Functional Soft Tissue Transformation

Host one of the following seminars at your facility and SAVE!!!

FSTT of the Foot/Ankle
FSTT of the Knee
FSTT of the Hip
FSTT of the Lumbar Spine
FSTT of the Thoracic Spine
FSTT of the Cervical Spine
FSTT of the Shoulder/Elbow/Hand

Professional Fee Structure:

There will be a stipend required for presenter on a daily basis. This fee does not include expenses, which are the responsibility of the sponsoring facility. The stipends are as follows:

01 – 12 Attendees - \$3,500 (1-Presenter)
12 – 20 Attendees - \$4,500 (2-Presenters)

Facilities Responsibilities:

1. Table (1) for every two attendees
2. Projector
3. Screen/Wall to project onto
4. Marketing in your area
5. Take outside registrations (only for an open seminar)

Business Models:

1) A “**closed**” Soft Tissue Seminar in which the only attendees are your staff and any other professionals you invite to the Live Function Seminar. This approach allows your group to be educated in the most up-to-date practices of Applied Functional Science, while allowing the attendees the opportunity to earn required CEU’s. All of this is achieved along with saving you money on travel expenses and lost productivity caused by your staff being out of the facility.

2) An “**open**” event in which you market to local Physicians, Physical Therapists, Athletic Trainers, and any other health professionals. In this model, you would charge an attendance fee for your non-employee staff. The paid admission of the outside attendees, assists in offsetting the Soft Tissue Seminar fee.

Example of an open event:

Host a one day Soft Tissue Seminar for 1 - 12 attendees and solicit the participation of 8 non-employee attendee’s at a rate of \$495. Not only would your fee of \$3,500 to the Gray Institute be covered, but you would also make a profit of \$460. In essence, your 4 staff members would be educated for free and you would profit from the Seminar.

If interested contact Keith Bozyk at 866-230-8300 x585 or kbozyk@grayinstitute.com

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Hotel Information

AIM Sports Medicine
1035 Aviation Boulevard
Hermosa Beach, CA 90254

Quality Inn & Suites (.1 mile from class)

901 Aviation Blvd.
Hermosa Beach, CA 90254
310-374-2666

Hampton Inn and Suites (.3 miles from class)

1530 Pacific Coast Highway
Hermosa Beach, CA 90254
310-318-7800

Experience Momentum
4720 200th SW, Ste. 100
Lynnwood, WA 98036

Embassy Suites (.4 miles from class)

20610 44th Ave West,
Lynnwood, WA 98036
425-775-2500

Courtyard by Marriot (.3 miles from class)

4220 Alderwood Mall Blvd,
Lynnwood, WA 98036
425-670-0500

Redefined Fitness & Physical Therapy
600 W. Van Buren St.
Chicago, IL 60607

Holiday Inn (1.5 miles from class)

506 West Harrison
Chicago, IL 60607
312-957-9100