ERGON® Technique is an evidence-based therapeutic approach combining static and dynamic manipulations of the body’s soft tissue with special clinical equipment for the treatment of neuro-musculoskeletal pathologies. The technique derives its name from the ancient Greek word ‘ergon’, which means ‘the product of a man’s work, be it manual or mental, scientific or artistic’.

The technique was created through applied research and long-term evaluation at the Human Evaluation and Rehabilitation Laboratory of the Physiotherapy Department of University of Patras.

ERGON® Technique is an innovative development of older IASTM approaches (GUA SHA, GRASTON technique, SMART TOOLS technique, Tools assisted massage technique etc.) and is based on the myofascial meridians theory as first described by Thomas Myers.

The ERGON® Soft Tissue Techniques are applied on specific points of tissue restrictions and fascial adhesions along the fascial meridians; when these are released, functionality improves within a few treatment sessions.

The Ergon Technique relies on unique clinical equipment called ERGON Tools. Ergon Tools applied with special ERGON Technique can detect and release – loosen scar tissues, adhesions and fascial stiffness, b) increase local perfusion, and c) decrease muscle tone and myofascial pain.

The ERGON® Technique techniques are applied in specific points of soft tissue adhesions which, upon release, improve the functionality of the area of the body, in the space of merely a few sessions.

The therapeutic effect of ERGON® Technique is sustained for many days afterwards, and when combined with other treatment techniques (stretching and neuromuscular control exercises techniques) can even become permanent.

This particular technique allows ERGON®-certified Therapists to a) assess with precision myofascial areas of high sensitivity, and b) restore biomechanical function of joints by dissolving adhesions, regaining normal myofascial rolling and reducing muscle spasm and pain.
The **ERGON® Technique** has been evaluated and is based on several recent research studies. These studies have demonstrated the effect of **ERGON® Technique** on reducing the myofascial pain, treating major musculoskeletal diseases and accelerating the recovery of specialized sports injuries.

The **ERGON® Technique** is constantly evolving based on modern scientific findings as it is currently the subject of scientific research on 2 masters research projects (University of Patras, Greece) and a doctoral dissertation (European University of Cyprus).

### ERGON IASTM Research

The primary aim of ERGON® seminar is the theoretical and practical education and training of participants in the innovative techniques of ERGON® Instrument-Assisted Soft Tissue treatment. The largest part of the Seminar concerns the guided application of ERGON® techniques in all anatomical structures (based on the fascial meridians of the body) and for all common musculoskeletal injuries.

**3.2. Learning Objectives of Sports ERGON® Course**

At the end of the training, trainees will have gained theoretical education on the subject of Fasciae (Thomas Mayer Myofascial Meridians theory, soft tissue pathologies, fasciae, and their healing, being fully capable to:

- Assess possible fascial pathologies
- Approach areas difficult for the human fingers to access
- Actively intervene on hard tissue release cross-links between connective
- Restore range of motion of joints in a minimum number of treatment sessions
- Treat effectively most musculoskeletal pathologies/injuries
- Cause controlled and targeted re-injury in case of poor healing (tendinosis / overuse injury)
- Stimulate anabolic processes in connective tissues (collagen fibres)
- Accelerate tissue through fibroblast activation
- Facilitate reflex changes in chronically incorrect muscle activation patterns
- Effectively heal most neuro-musculoskeletal injuries
- Increase tension produced in one or more joints
- Combine techniques (ERGON® Technique and kinesiotherapy) - Facilitate functional rehabilitation

Candidates desiring to participate in ERGON® (SPORTS) training seminar are required to have:

- A Health Science bachelor of Science (Medical Doctors, Physiotherapists, Manual Therapist, Chiropractors, Osteopaths, Manual Therapists, Massage Therapists, Sports Scientists, Athletic Trainers, Yoga Practitioners, etc.)
- Theoretical knowledge of the anatomy and kinesiology of the human body (Physiotherapy and other Health Science students)
- Any prior experience in soft tissue mobilization techniques will be helpful for better understating the seminar.

The duration of the training program ([SPORTS ERGON®] is 8 hours.

In order to achieve optimal understanding and clinical application of ERGON® techniques, the maximum number of participants will be 30 individuals.

There will be two ERGON® Clinical Instructors, one acting as basic instructor, and the other as assistant instructor.

Theory presentations will be done with the aid of PowerPoint and videos. At the end of the theoretical course, there will be a practical application of techniques up to the point where participants can perform them without flaws. Trainees will be provided with full equipment (ERGON® tools) for performing the techniques, as well as for their overall participation in the Seminar.

Furthermore, all participants will receive teaching material that will include, images and texts, which they can consult for any questions past the completion of the seminar.
## 3.6. Timetable of Sports ERGON® Course

### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 09:30</td>
<td>(30 minutes) Introduction to the techniques: Basic theoretical principles, indications and contraindications, expected results from techniques use</td>
</tr>
<tr>
<td>9:30 - 10:30</td>
<td>(1 hour) 1 Lab. Ergon Strokes: Demonstration of Ergon Strokes (IASTM), application of the techniques by the students</td>
</tr>
<tr>
<td>10:30 - 11:00</td>
<td>(30 minutes) Fascial System: Anatomy of Fascial Meridians, function, interaction with other soft tissues</td>
</tr>
</tbody>
</table>

1st Break 11:00 - 11:15

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:15 - 14:15</td>
<td>(3 hours) 2 Lab. ERGON Technique Scanning Procedure 3 Lab. Posterior region of the Hip (Superficial Back Line) 4 Lab. Posterior region of the Knee (Superficial Back Line) 5 Lab. Posterior region, Plantar Fascia (Superficial Back Line) 6 Lab. Anterior region of the Hip (Superficial Front Line) 7 Lab. Anterior region, Knee and Foot (Superficial Front Line)</td>
</tr>
</tbody>
</table>

2nd Break 14:15 - 14:30

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>14:30 - 18:00</td>
<td>(3 Hours &amp; 30 minutes) 8 Lab. Hip (tensor Fascia Latae, ITB) 9 Lab. Lumbosacral region (Back and Spiral Lines) 10 Lab. Cervical region (Back and Spiral Lines) 11 Lab. Shoulder (Front and Deep Front Lines) 12 Lab. Forearm (Front and Back lines)</td>
</tr>
</tbody>
</table>

Discussion – Evaluation and Participation Certifications awarding

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**Join our International Courses**

**Learn to treat differently**