

FASCIAL DYSFUNCTION

Manual Therapy Approaches

Second Edition

Contributors

Stefano Casadei
Kelly Clancy
Julie Ann Day
John Dixon
César Fernández-de-las-Peñas
Willem Fourie
Sandy Fritz
Fernando Galán del Río
Emiliano Grossi
Elizabeth A Holey
Jonathan Martine
Raúl Martínez Rodríguez
Divo Gitta Müller
Thomas W Myers
Arya Nielsen
Alessandro Pedrelli
Andrzej Pilat
Robert Schleip
Antonio Stecco
Carla Stecco
Paolo Tozzi

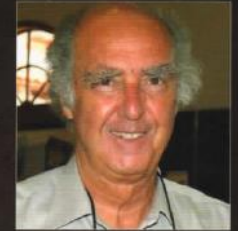
Editor
Leon Chaitow

Forewords
Thomas W Findley
John Sharkey



FASCIAL DYSFUNCTION

Manual Therapy Approaches



Leon Chaitow

Fascial Dysfunction – Manual Therapy Approaches is the brainchild of Leon Chaitow who is well-known to manual therapy practitioners through his many publications and conference presentations. In this book he has brought together contributions from 21 leading practitioners and researchers from many different fields of manual therapy.

The book is in two sections:

Section I, written by Chaitow with a contribution by Tom Myers on global postural assessment, presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong; the causes and effects of fascial dysfunction and disease, and how to assess the problem and remove obstacles to the success of treatment.

Section II contains chapters by experts in different types of manual therapy including three by Chaitow. Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach. These approaches include:

Bowen therapy
Connective tissue manipulation and skin rolling
Fascia-oriented training applications in sports and movement therapy
The Fascial Manipulation® method applied to low back pain
Fascial unwinding
Balanced ligamentous tension technique
*Gua sha (press-stroking) and Ba guan (cupping): traditional East Asian instrument-assisted manual therapies
Muscle energy techniques (MET)
Myofascial induction therapy (MIT®)

Neuromuscular technique and associated soft tissue manipulation modalities
Positional release techniques (including counterstrain)
Rolling™ structural integration
*Global Postural Re-education™; Souchart method
Management of scars and adhesions
*Manual matrix remodeling in myofascial injuries: scar modeling technique
Massage therapy and fascia
Trigger point release methods including dry-needling

The chapters asterisked in the list above are new to this edition. Throughout the text has been revised and expanded to incorporate discussion of the latest fascia research findings and their implications for practice.

These include:

- The dependence of collagen health on a mixture of balanced and internal and external tension
- The importance of adequate hydration
- The possible role of the telocyte
- The importance of 'dosage' of therapies in the management of fascial dysfunction

Fascial dysfunction is now recognized as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility. These are the symptoms which confront all practitioners of manual therapy in their everyday practice. *Fascial Dysfunction – Manual Therapy Approaches* aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients' problems.

Second Edition

