

Foreword, viii
Online Video Resources, ix
Contributors, x
Introduction, xvii

SECTION I Scientific Foundations

Section Editors: Robert Schleip and Peter A. Huijing

PART 1 Topographical Anatomy

- 1.1 Evolution of Fascia-Focused Anatomy, 4**
Sue Adstrum
- 1.2 General Anatomy of the Muscle Fasciae, 20**
Peter P. Purslow and Jean-Paul Delage
- 1.3 Somatic Fascia, 28**
Frank H. Willard
- 1.4 Fascia Superficialis, 40**
Marwan F. Abu-Hijleh, Amol Sharad Dharap, and Philip F. Harris
- 1.5 Deep Fascia of the Limbs, 47**
Antonio Stecco, Carmelo Pirri, and Carla Stecco
- 1.6 The Thoracolumbar Fascia, 54**
Andry Vleeming, Frank H. Willard, and Robert Schleip
- 1.7 Deep Fascia of the Neck and Deep Inner Fascia of the Anterior Wall of the Trunk, 74**
Fabiana Silva and Leonardo Sette Vieira
- 1.8 Visceral Fascia, 83**
Frank H. Willard
- 1.9 Membranous Structures Within the Cranial Bowl and Intraspinous Space, 95**
Torsten Liem
- 1.10 Diaphragmatic Structures, 105**
Anna Maria Vitali
- 1.11 Molecular Aspects of Fascia, 116**
Carla Stecco and Caterina Fedè
- 1.12 Fascia of the Pelvic Floor, 125**
Marek Jantos and Carla Stecco
- 1.13 Embryology of the Fascial System, 135**
Fabiana Silva, Leonardo Sette Vieira, and Jaap van der Wal

- 1.14 On the Origin of Fascia: A Phenomenological Embryology of Fascia as the “Fabric” of the Body, 147**

Jaap van der Wal

PART 2 Communication

- 2.1 Fascia as an Organ of Communication, 156**
Robert Schleip
- 2.2 Proprioception, 160**
Jaap van der Wal
- 2.3 Interoception: A New Correlate for Intricate Connections Between Fascial Receptors, Emotion, and Self-Awareness, 169**
Robert Schleip, Joeri Calsius, and Heike Jäger
- 2.4 Nociception: The Thoracolumbar and Crural Fascia as Sensory Organs, 179**
Ulrich Hoheisel, Toru Taguchi, and Siegfried Mense
- 2.5 Fascia as a Body-Wide Communication System, 188**
James L. Oschman

PART 3 Force Transmission

- 3.1 Force Transmission and Muscle Mechanics: General Principles, 200**
Peter A. Huijing
- 3.2 Epimuscular Myofascial Force Transmission: An Introduction, 204**
Peter A. Huijing
- 3.3 Myofascial Chains: A Review of Different Models, 211**
David Lesondak
- 3.4 Anatomy Trains: Myofascial Force Transmission in Postural Patterns, 220**
Thomas W. Myers
- 3.5 Biotensegrity and the Mechanics of Fascia, 232**
Stephen M. Levin and Graham Scarr
- 3.6 Human Living Microanatomy, 239**
Jean-Claude Guimberteau

3.7 The Fascial Net: Resonance Frequency With Links to Thermodynamics, 249

L'Hocine Yahia and Nathan Nyamsi Hendji

PART 4 Physiology

4.1 The Physiology of Fascia: An Introduction, 258

Frans van den Berg

4.2 Fascia is Alive: How Cells Modulate the Tonicity and Architecture of Fascial Tissues, 265

Robert Schleip, Heike Jäger, and Werner Klingler

4.3 Extracellular Matrix, 276

Boris Hinz

4.4 The Influence of pH and Other Metabolic Factors on Fascial Properties, 286

Jörg Thomas and Werner Klingler

4.5 Fluid Dynamics in Fascial Tissues, 294

Guido F. Meert

SECTION II Clinical Application

Section Editors: Mark Driscoll and Carla Stecco

PART 5 Fascia-Related Disorders

5.1 Fascia-Related Disorders: An Introduction, 302

Mark Driscoll and Thomas W. Findley

5.2 Dupuytren's Disease and Other Fibrocontractive Disorders, 304

Ian L. Naylor

5.3 Spastic Paresis, 312

Peter A. Huijting and Richard T. Jaspers

5.4 Diabetic Foot, 318

Sicco A. Bus

5.5 Trigger Points as a Fascia-Related Disorder, 329

Roland U. Gautschi

5.6 Joint Hypermobility Due to Pathologically Increased Compliance of Extra- and Intramuscular Connective Tissues, 341

Peter A. Huijting

5.7 Anatomy of the Plantar Fascia, 348

Carlo Biz and Chenglei Fan

5.8 Fascia and Low Back Pain, 358

Mark Driscoll and Khaled El-Monajjed

5.9 The Role of Fascia in Oncology, 367

Stephanie Otto

PART 6 Diagnostic Procedures for Fascial Elasticity

6.1 Diagnostic Procedures for Fascial Elasticity: An Introduction, 380

Thomas W. Findley

6.2 Fascial Palpation, 384

Thomas W. Myers

6.3 Hypermobility, Hypermobility Spectrum Disorders, and Hypermobility Ehlers–Danlos Syndrome, 393

Jane Simmonds

6.4 Mechanical Deformation-Based Assessment Methods, 406

Mark Driscoll and Natasha Jacobson

PART 7 Fascia-Oriented Therapies

7.1 Fascia-Oriented Therapies: Inclusion Criteria and Overview, 419

Carla Stecco

7.2 Trigger Point Therapy from a Contemporary Pain Science Perspective, 422

Jan Dommerholt

7.3 Structural Integration, 430

Heidi Massa and Monica Caspari

7.4 Myofascial Induction Approaches, 438

Andrzej Pilat

7.5 Osteopathy and Fascia in Clinical Practice, 447

Hollis H. King

7.6 Connective Tissue Manipulation, 454

Katja Bartsch and Robert Schleip

7.7 Fascial Manipulation, 462

Antonio Stecco and Tiina Lahtinen-Suopanki

7.8 Managing Dysfunctional Scar Tissue, 472

Mariane Altomare

7.9 Acupuncture as a Fascia-Oriented Therapy, 481

Dominik Irnich and Johannes Fleckenstein

7.10 Gua Sha, 491

Arya Nielsen

7.11 Prolotherapy as a Regenerative Injection Treatment, 499

Jeni Saunders

7.12 Neural Therapy, 507

Rainer Wander and Christl Kiener

7.13 Instrument-Assisted Soft Tissue Mobilization: Emphasizing the Fascia, 517

Warren I. Hammer

- 7.14 The Fascial Distortion Model**, 528
Georg Harrer
- 7.15 Fascial Treatment of Axillary Web Syndrome After Breast Cancer Surgery**, 535
Kyra De Coninck
- 7.16 Temperature Effects on Fascia**, 541
Werner Klingler and Katharina Helbig
- 7.17 Neurodynamics: Movement for Neuropathic Pain States**, 547
Michel W. Coppeters, Ricardo J. Andrade, Robert J. Nee, and Benjamin S. Boyd
- 7.18 Stretching and Fascia**, 557
Thomas W. Myers and Chris Frederick
- 7.19 Yoga and Fascia**, 567
Bernie Clark
- 7.20 Pilates and Fascia: The Art of “Working In”**, 575
Marie-José Blom
- 7.21 Nutrition and Fascia: An Antiinflammatory Model**, 585
Mary Therese Hankinson and Elizabeth A. Hankinson
- 7.22 Fascial Fitness: Suggestions for a Fascia-Oriented Training Approach in Sports and Movement Therapies**, 596
Robert Schleip, Divo G. Müller, and Katja Bartsch
- 7.23 Hydrorelease of Fascia**, 609
Tadashi Kobayashi, Hiroaki Kimura, Yoshihiro Zenita, and Hidetaka Imagita
- 7.24 Fascia and Traditional Chinese Medicine**, 618
Ling Guan
- 7.25 Extracorporeal Shockwave Therapy Applied to Myofascial Tissue**, 626
Hannes Müller-Ehrenberg and Federico Giordani
- 7.26 Bowen Therapy**, 634
Kelly Clancy
- 7.27 Fascia and Mental Imagery: Can the Two Walk Together?**, 642
Amit Abraham and Eric Franklin

- 7.28 Foam Rolling**, 650
Michele Bond
- 7.29 The Functional Aspects of Fascia during Human Performance and Sports**, 658
Tomasz Zagorski

SECTION III Research Directions

Section Editor: Peter A. Huijing

PART 8 Fascia Research: Methodological Challenges and New Directions

- 8.1 Fascia—Clinical and Fundamental Scientific Research: Considering the Scientific Process and its Potential for Creating Clinical Applications**, 668
Peter A. Huijing
- 8.2 Imaging: Ultrasound**, 672
Yasuo Kawakami and Antonio Stecco
- 8.3 On the Problems of Oversimplification in Experiments and Modeling of the Body as a Multilevel Organizational Unit**, 680
Peter A. Huijing
- 8.4 Myofascial Force Transmission and Molecular Pathways Involved in Adaptation of Muscle Size**, 688
Richard T. Jaspers and Peter A. Huijing
- 8.5 Myofascial Impact on Muscle Stem Cell Function and Muscle Regeneration**, 696
Mohammad Haroon and Richard T. Jaspers

Glossary, 701

Katja Bartsch and Heike Jäger

Index, 705