

# CONTENTS

About the Authors	vii
Preface	viii
Acknowledgments	ix
List of Abbreviations	x
<b>CHAPTER 1</b> What is the Fascial Distortion Model?	1
<b>CHAPTER 2</b> Conceptual Basis for the Fascial Distortion Model	3
<b>CHAPTER 3</b> The Distortions	5
<b>CHAPTER 4</b> Diagnostics	19
<b>CHAPTER 5</b> The Fascial Matrix	25
<b>CHAPTER 6</b> Common Somatic Complaints	55
<b>CHAPTER 7</b> Cervical Region	65
<b>CHAPTER 8</b> Thoracic Region	77
<b>CHAPTER 9</b> Lumbar Spine	95
<b>CHAPTER 10</b> Pelvis and Sacrum	113
<b>CHAPTER 11</b> Shoulder	125
<b>CHAPTER 12</b> Hand	155
<b>CHAPTER 13</b> Elbow	161
<b>CHAPTER 14</b> Wrist	167
<b>CHAPTER 15</b> Lower Extremities	171

<b>CHAPTER 16</b>	<b>Knee</b>	187
<b>CHAPTER 17</b>	<b>Hip</b>	203
<b>CHAPTER 18</b>	<b>Foot</b>	211
<b>CHAPTER 19</b>	<b>Inversion</b>	221
References and Bibliography		235
Index		237