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Elsevier: Schleip: Fascia: The Tensional Network of the ...

Compiled by experts of international renown, Fascia: The Tensional Network of the Human Body brings together very different contributors who share the desire to bridge the gap between theory and practice as much as possible in our current knowledge of the human fascia. With contributions from over 100 specialists and researchers from throughout the world, this new volume will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic ...

Fascia: The Tensional Network of the Human Body, : The ...

Fascia: The Tensional Network of the Human Body. Robert Schleip , Thomas W. Findley , Leon Chaitow , Peter A. Huijing Churchill Livingstone, Elsevier, Toronto Ontario. 566pp \$65.95. ISBN: 978-0-7020-3425-1.

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Fascia: The Tensional Network of the Human Body - E-Book: The science and clinical applications in manual and movement therapy eBook: Robert Schleip, Thomas W. Findley, Leon Chaitow, Peter Huijing: Amazon.co.uk: Kindle Store

Fascia: The Tensional Network of the Human Body - E-Book ...

1. Fascia should no longer be thought of as a simple supporting structure, but rather, now encompasses many types of connective tissue, many of which form a tensional network throughout the body; in which multiple structures are truly inextricably linked. 2. There is a rich proximity of sympathetic nerve fibers. 3.

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Book Review of Fascia: The Tensional Network of the Human Body

Fascia: The Tensional Network of the Human Body. The science and clinical applications in manual and movement therapy. Robert Schleip, Thomas W. Findley, Leon Chaitow, Peter Huijing. Year:

This book is the product of an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective. Prepared by over 100 specialists and researchers from throughout the world, Fascia: The Tensional Network of the Human Body will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural

integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers - as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field. Reflects the efforts of almost 100 scientists and clinicians from throughout the world Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques Explores the role of fascia as a bodywide communication system Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences Explores the importance of fascia as a sensory organ - for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back pain Describes new imaging methods which confirm the connectivity of organs and tissues Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body ' s connective tissue matrix (fascia) as well as for scientists involved in basic science research Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals Offers new insights on the fascial related foundations of Traditional Chinese Medicine Meridians and the fascial effects of acupuncture

This book is the product of an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors...

What is the Fascial Network? How does fascia-specific training affect the quality of the body ' s network of connective tissue? The Fascial Network, a new resource for exercise trainers and instructors, closes the knowledge gap in exercise science regarding fascia—a long-neglected structure that deserves far more attention than it has received, until now. The fascial network is a web of connective tissue that surrounds the body ' s muscles and organs. It gives the body integrity, providing the tensional network in which our muscles work. Fascia-specific training makes the body more resilient, more flexible, and more energetic. This new approach of looking at our own anatomy provides a primarily scientific explanation for the physiological processes that make up the energy-related holistic thinking of Eastern concepts such as acupuncture, Yoga, Tai Chi, and Qi Gong. Thus, two doctrines that could not be more different in their approach find common ground and offer mutual ways of explanation. The Fascial Network explains the function of the body ' s connective tissue by offering insight into its formation, physiology, and anatomy. This resource includes exercises for fitness as well as for recreational and competitive sports. With fully illustrated examples for practical implementation, it also serves as a training aid for instructors and physical therapists. Develop a healthier, stronger you with The Fascial Network.

Fascia, Function, and Medical Applications is essential reading for medical and allied health practitioners who want to bring scientific insights of the importance of fascia to human health into their clinical practices. Fascia – the biodynamic tissue that connects every muscle, bone, organ, and nerve in the body – is fast becoming the latest trend in healthcare and allied health modalities. This book is edited by David Lesondak, University of Pittsburgh Medical Center, author of the international bestseller Fascia: What it is and why it matters, and Angeli Maun Akey, MD, international physician educator and board certified in both internal and integrative medicine. It contains contributions from a team of top researchers and expert practitioners including physicians, clinicians, therapists, dissectors, and surgeons. Fully illustrated in color, this book presents the latest scientific knowledge of fascia and explains insights into problems like chronic pain and myriad musculoskeletal symptoms that may not respond to conventional treatments. It gives practitioners the information they need to make better decisions to improve the health of patients often without pharmaceuticals or surgeries. FEATURES • Provides comprehensive overview of how fascia, as a tissue and a system, affects various body functions and systems, from musculoskeletal disorders to nervous system, circulatory, and auto-immune function. • A section devoted to medical applications highlights a comprehensive and critical overview of various fascial therapies. • Gives practitioners the knowledge they need to refer or add as an adjunct therapy to their department or rehabilitation team. This is a cutting-edge, practical guide that will appeal to researchers, physicians, and clinicians alike.

The book covers most current research and theory to underpin practice. It provides relevant clinical applications for sport and movement, and gives the manual therapist information on how different activities influence the body and the kind of injuries that might occur. The book upgrades the knowledge of the sport professional, yoga teacher and Pilates trainer with the necessary background to understand the injuries that might present and how to assess and refer.

Fascia is currently the hot topic among manual therapists of all persuasions. All are anxious to improve their understanding of its anatomy and dysfunction. This is the first book to explain and illustrate fascial anatomy relating it specifically to manual therapy techniques by demonstrating what effect such techniques have on body structures. The author describes in detail the technique of myofascial induction. The text is supported by over 500 spectacular full colour photographs as well as nearly 200 line drawings. In addition to the highly illustrated text there is a DVD containing video clips demonstrating the application of the techniques to dissections of fresh cadavers and showing how the tissues move in response to the manipulation.

Fascial Stretch Therapy shows how assessment, treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training. This book: describes and shows the therapist or trainer how to integrate FST in their current practice, business or workplace to enhance what they already do and provide. Section 1 redefines, clarifies and describes the many layers of therapeutic stretching showing where FST can be most useful summarizes relevant evidenced based studies and cites scientific support giving the professional confidence in using the techniques covers specific examples of how FST integrates with many other methods used in manual therapies, fitness and sport training,

rehabilitation and corrective exercise, movement re-education and motor repatterning. provides specific indications and information on the most common diagnoses and conditions and how best to use FST Section 2 provides detailed description of the FST technique with many explanatory photographs Intended readership: For manual therapists, bodyworkers and massage therapists, movement instructors, physical and occupational therapists, physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

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