

## Fascia What It Is And Why It Matters

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Moving Stretch

### Fascial Anatomy of the Equine Forelimb

Forget everything you've ever been told about cellulite—it's a myth! Ashley Black, fascia pioneer, and body guru to the stars, unveils never before known secrets to obliterating cellulite and changing your personal health paradigm. For years we've been conditioned to believe that cellulite is a fat problem, yet skinny girls have it, active girls have it, sedentary girls it, curvy

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girls have it, older women have it and, guess what, so do younger women. In fact, 90% of women struggle with it . . . you are not alone! The appearance of fat is affected by the sticky webbing of tissue it's housed in called fascia—which can be manipulated. Get ready for the most radical shift in health and beauty of the century! Obliterate cellulite, transform your body, and revolutionize your life!

### Your Body's Brilliant Design

Anyone who wants an active, mobile and painless everyday life should be aware of the importance of their connective tissue! Understanding of connective tissue has greatly increased in recent years in physiotherapy, sports science and medicine. Muscular connective tissue - known as fascia - plays an important role in health, well-being and mobility, as it transmits the power of the muscles, communicates with the nervous system and serves as a sense organ. Fascia ensures the protection of the internal organs and forms the basis for a beautiful body shape. Connective tissue can work in the same way as your other muscles, responding to stress and nerve signals and, if it gets tangled or glued together, causing pain and problems with movement. Fascia should therefore be specifically exercised - but 10 minutes twice a week is all you need. In this book, leading German fascia researcher and Rolfing practitioner Robert Schleip describes how recent research findings can be translated into a practical exercise program for everyday use.

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## The Cellulite Myth

"This book explains how fitness enthusiasts and athletes can mobilize the fascia in order to improve function, flexibility, and performance, and to reduce pain and risk of injury"--

## Fascia

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

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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.

### Fascia Training

In the Fascial Distortion Model (FDM) all injuries and other conditions causing pain or disability are seen as arising from specific distortions of the connective tissue. This book explores the theoretical framework of FDM and approaches to treatment based on an understanding of it. The authors systematically cover all disorders likely to be encountered by the clinician, and provide comprehensive guidance about when it is appropriate to use FDM, and how best to employ these approaches in treatment.

### A Practical Guide to Fascial Manipulation

Transform your health with this cutting-edge guide to fascia, your body's "hidden organ." Dr. Daniel Fenster guides the reader through a holistic self-therapy program as well as professional treatments to address issues such as chronic pain, anxiety, high blood pressure, GERD, and more. At the #1 pain management clinic in New York City, director Dr. Daniel

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Fenster has changed thousands of lives for the better through a holistic approach and integrative therapies. His experience has revealed to him that treating the fascia--your long ignored, unappreciated, "hidden organ" that weaves around and through every single structure in your body--is crucial for both physical and mental health. Within these pages, Dr. Fenster will reveal all you need to know about fascia, including: □ The 8 "villains" that hurt your fascia and how to combat them □ A "free your fascia" quiz to assess what therapies are right for you □ 20 recipes to nourish your fascia with the nutrients it needs □ Simple, at-home exercises and do-it-yourself therapies for releasing and optimizing your fascia □ Advice for working with professionals and the most powerful tools in fascial manipulation □ Exclusive to this book: interviews between Dr. Fenster and 10 of the leading-edge fascia researchers and experts. By "freeing your fascia," you'll feel stronger, healthier, and happier from head to toe!

### Fascia in Motion

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 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. --

### Myofascial Training

Grounded in scientific and clinical evidence, this highly illustrated new guide gives an introduction to the diagnosis and treatment of musculoskeletal disorders using the Fascial Manipulation (FM) method developed by Luigi Stecco - the foremost scientifically valid method of evaluating and treating fascial dysfunction. It describes FM's history, anatomy and physiology of fasciae, indications and contraindications, mechanisms of action, and details of the subjective and physical techniques used to manage disorders. A Practical Guide to Fascial Manipulation focuses on concepts around evaluating the fascia based on functional testing, movement and direction in specific spatial planes, and the location of specific areas to treat safely. With an emphasis throughout on accessible practical information, the book is also supported by a website - [www.guidefascial.com](http://www.guidefascial.com) - containing procedural video clips and an image bank.

### Fascia Decompression

Want to know the key to eliminating chronic pain from your life? It's not more rigorous exercise, medical interventions, or expensive therapies. It turns out you have had the key all along—your body and its natural brilliant design! For years we have been overlooking a crucial element of the body—fascia—that holds the key to allowing you to live pain-free. Many of us think of the human body as a static, mechanical system of muscles attached to a skeleton. What is

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missing from this picture is the tissue that unites all the parts: the fascia, a seamless web of dynamic connective tissue that surrounds all muscles, bones, organs, and even cells. When one part of the fluid fascial web moves, the rest of the body responds. When we learn how to connect to this system through subtle movements, we open up a world of understanding of how our bodies are designed to work with us, not against us, to support an easy and pain-free life. This book will teach you how to feel and embody this new anatomy by connecting to your dynamic center of gravity, or the Core Hug, and to a vertical line of muscles and fascia that runs deep through the body: the Vertical Core. When you connect to the Core Hug and the deep Vertical Core using movement, your body is able to suspend itself and sustain that suspension over time. Your body is already brilliantly designed to support you. The architecture is within you. The key is to access that brilliant design and work with it. Through stunning imagery and simple movement techniques, this book teaches you how to use the natural architecture of your body (bones, fascia, and movement) to align, balance, and support you so that you can move with ease and live without pain.

### Fascial Release for Structural Balance, Revised Edition

There is an expression: Youth is wasted on the young. However, youth isn't a function of age; it is a matter of proper mindset and right action. In this book you will learn about the fascia system and how Block Therapy is the key to unlocking the full diaphragmatic breath -- a game changer for how you age. You will learn how to address pain, aging and disease; how to maintain a healthy size and shape; how to manage stress and anxiety;

### Architecture of Human Living Fascia

This thoroughly revised edition of the authoritative reference *Fascial Release for Structural Balance* brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in clients' shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."

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## The Fascial Distortion Model

The presentation of fascial anatomy in this book provides a new context for applying knowledge of the anatomical body in a practical and relevant way to movement. Applying fascial anatomy to yoga, this book offers a way to the yoga teacher of experiencing and seeing in three dimensions - the way we really move. This enables the yoga teacher to work more creatively in the real life class.

## Fascia Research

"Moving Stretch is an effective, powerful, and enjoyable program of resistance stretching that not only strengthens and frees the body, but reconditions the body's fascia, rejuvenates the tissue, releases adhesions, relieves pain, and increases flexibility. This accessible book gives easy illustrated step-by-step instructions for people who want to feel more upright, taller, more youthful and energized."--Page 4 of cover.

## Fascia

LIVE BETTER IN YOUR BODY. Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people

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around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

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

### The Endless Web

The result of more than two decades of research and practice, The Endless Web presents in

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clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. The Endless Web is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

### Free Your Fascia

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

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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.

### Movement Integration

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,

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physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

### Fascia in Sport and Movement

"This richly illustrated book, with accompanying DVD and website, presents Dr Guimberteau's groundbreaking work, and explains its significance for manual therapists and movement teachers, and its implications for what they do with patients and clients. Dr Guimberteau is the first person to film living human tissue through an endoscope in an attempt to understand the organisation of living matter. He has developed his own concept of the multifibrillar structural organisation of the body, of which the microvacuole is the basic functional unit. He has also developed a concept of global dynamics and continuous matter. His films confirm the continuity of fibres throughout the body and show how adjacent structures can move independently in different directions and at different speeds while maintaining the stability of the surrounding tissues. This role is carried out by what he calls the "Microvacuolar Collagenic Absorbing System" He has opened a window into a strange world of fibrillar chaos and unpredictable behaviour, and has revealed the morphodynamic nature of the fibrils that constitute the connective tissue, as well as the fractal, non-linear behaviour of these fibrils. His work ties in with that of Donald Ingber on tensegrity within the cytoskeleton, and the links between the cytoskeleton and the Extracellular Matrix as described by James Oschman."--Publisher's website.

### A Compend of Visceral Anatomy

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

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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

### Fascial Fitness

You have inside you a cloak of gossamer connective tissue that surrounds and supports everything and functions like fiber optics. This tissue is called fascia. In these pages, myofascial release expert Ronelle Wood translates the scientific language for the chemistry, function, and physiology of fascia, shares her hands-on expertise, and explains in layman's terms how our fascia affects us all in everyday life and its potential as a prime source of health and rejuvenation. Gay Hendricks says in his foreword: "I've been blessed to know many great healers and teachers over my forty-five years in the field of transformation; Ronelle is right at the top of the list of masterful practitioners I've known." Read this book and you'll no longer perceive your body as a misbehaving slave to be punished into submission, but as a communicative partner-always supporting you.

### The Bodymind Ballwork Method

Health practitioners and body workers need a firm understanding of the significance of fascia in human performance. The role nutrition plays in fascial health, how injuries and diseases influence fascia, and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance. This book starts with a basic overview of fascia and its biological underpinnings, and progresses through clinical treatment applications, nutritional and pharmacological support information, and techniques for managing fascial conditions and injuries.

### Fascia, Function, and Medical Applications

What if some of your health problems were caused by an organ you never even knew existed - your fascia? Fascia is a single, interconnected web of tissue that runs from the top of your head to the bottoms of your feet. It surrounds every organ, every muscle, every bone and every nerve fibre. And it has an astonishing range of functions. At Complete Wellness, New York City's #1 pain management clinic, director Dr Daniel Fenster is using both high-tech and low-tech fascia therapies to change the lives of thousands of people for the better. With this book, you'll learn if you have fascia-related problems - and if so, how serious they are. If self-therapy is the right choice for you, Dr Fenster outlines a simple, effective 'Fix Your Fascia' Plan, a holistic programme including stretching, foam rolling, destressing (meditation), fascia-

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friendly eating, hydration and self-massage. Dr Fenster also offers an insider's perspective on the most powerful tools in fascial manipulation: medical massage, acupuncture, cryotherapy, trigger point therapy and trigger point injections.

### The Fascial Network

"A paradigm-shifting, integrative approach to understanding body movement. Drawing on expertise in physiotherapy, somatics, sports science, Rolfing, myofascial therapy, craniosacral therapy, Pilates, and yoga, the authors assert that a more comprehensive understanding of movement is key to restoring the body's natural ability to move fluidly and painlessly"--

### Born to Walk

The ability to walk upright on two legs is one of the major traits that define us as humans; yet, scientists still aren't sure why we evolved to walk as we do. In *Born to Walk*, author James Earls explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, Earls explains how we can regain a flowing efficiency within our gait--an efficiency which, he argues, is part of our natural design. This book is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage therapists, and any bodyworker wishing to help clients by incorporating an understanding of gait and its mechanics. It will also appeal

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to anyone with an interest in evolution and movement. Drawing on recent research from paleoanthropology, sports science, and anatomy, Earls proposes a complete model of how the whole body cooperates in this three dimensional action. His work is based on Thomas Myers's Anatomy Trains model of human anatomy, a holistic view of the human body that emphasizes fascial and myofascial connections. Earls distills the complex action of walking into a simple sequence of "essential events" or actions that are necessary to engage the myofascia and utilize its full potential in the form of elastic energy. He explains the "stretch-shortening cycle"--the mechanism that is the basis for many normal human activities--and discusses how humans take advantage of isometric contractions, viscoelastic response, and elastic recoil to minimize calorie usage. This streamlined efficiency is what enabled our first ancestors to begin to migrate not only seasonally but also permanently to new lands, thereby expanding the natural resources available to us as a species.

Taller, Slimmer, Younger

Fascial Dysfunction

Stretch to Win-2nd Edition

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The Bodymind Ballwork Method is an accessible guide to the method developed by yoga and bodywork teacher Ellen Saltonstall--a self-directed, gentle practice to help people release tension and move with ease. The Bodymind Ballwork Method features the use of rubber balls in a range of sizes to support, massage, and stretch the body in specific places, providing clear instructions for practicing Bodymind Ballwork to release tension from head to toes. With 70 black and white photos and 25 drawings to illustrate techniques and concepts, the author offers exercises for spine, head, neck, face, abdomen, ribs, shoulders, arms, hands, pelvis, things, knees, lower legs, and feet. A body-mind practice, Bodymind Ballwork works to relieve soft tissue pain, emotional trauma, nervous stress, and is also designed to empower individuals to maintain their own health and mobility in connection with any ongoing physical activity they do.

### The Roll Model

### Anatomy Trains Posters

This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

### On the Anatomy of the Breast

Lusi and Davies have provided an excellent reference resource for students and graduates alike. The number of well-defined, relevant and clear images allow quick understanding for anyone interested in the fascial anatomy of the horse. This small book is perfect to have in your bag, allowing the student or clinician to find all the information they need on-site. - Sophie Neasham, final year veterinary student, University of Veterinary Medicine in Kosice, Slovakia

Key features: The first book in equine anatomy to illustrate the fascial (soft connective tissue) connections of the equine forelimb. Clear, high-quality images (with reference images included on each page) help readers identify aspects of the limb photographed. A brief introduction to the forelimb musculoskeletal anatomy (with images) helps readers familiarize themselves with muscles and bones portrayed in photographs. Focused discussions highlight the practical applicability of the fascial connections illustrated. Accompanying video clips demonstrate connectivity of the fascial system particular lines of tension. The first of its kind in equine anatomy, this clear, concise anatomical guide illustrates the fascial (soft connective tissue) connections of the equine forelimb. Based on dissections of fresh equine cadaver limbs, it provides a visual map for equine physical therapists, veterinarians and horse riders, helping them to understand how pathologies, injuries, or movement abnormalities of the equine forelimb arise and/or progress from one area of the limb to another. The fascial system is one of the primary systems acted upon by equine physiotherapists and is of increasing interest to horse riders looking to achieve structural integration and balanced movement in their horse. With this in mind, key points in each chapter highlight everyday situations in which knowledge

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of the fascial system may assist in understanding horse movement and injury. This practically applicable anatomical atlas is the ideal reference for horse owners, body workers and veterinarians alike.

### Touching Light

From the A-list bodyworker, trainer, and alignment expert dubbed "the body whisperer" by Goop comes Taller, Slimmer, Younger—a powerfully simple daily foam roller routine to help you sculpt longer, leaner muscles, stand an inch taller, look ten pounds slimmer, and renew your body and mind. Are you ready to roll? ALIGN YOUR BODY, ALIGN YOUR LIFE There's a new buzzword in the fitness world: fascia. It's the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences including poor posture, excess weight, acute anxiety, and chronic pain. Fitness and alignment expert Lauren Roxburgh—who has worked with such stars as Gwyneth Paltrow, Gabby Reece, Melissa Rauch, and Baron Davis—has the solution to keep your fascia supple, flexible, and strong. Using only a foam roller, you can reshape and elongate your muscles for a leaner, younger look, while also releasing tension, breaking up scar tissue, and ridding yourself of toxins. In just fifteen minutes a day, Roxburgh's 21-day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body, including the shoulders, chest, arms, legs, hips, butt, back, and stomach. The result is a healthy, balanced, aligned body that not only looks but feels fantastic. Advance praise for Taller,

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Slimmer, Younger "As an athlete with a lifelong passion for fitness and wellness, I am always looking to get an edge in my body, and Lauren Roxburgh has helped me do just that. Lauren's philosophy will rejuvenate your body and spirit, helping you look and feel lighter and brighter, reducing stress and tension, while dramatically improving your stance in your body and also in your life!"

"Gabby Reece, U.S. beach volleyball champion "This book is sure to become the body bible for anyone who wants to live a healthy, fit, and balanced life."

"Melissa Rauch, actress, The Big Bang Theory and True Blood "Lauren's method has rejuvenated my spirit, giving me more energy and strength, which has allowed me to perform better on and off the court."

"Baron Davis, two-time NBA all-star "Lauren's method sculpts the body's soft tissues, slimming and streamlining whatever part you work. She's a "body whisperer!"

"Goop "If you've never tried foam rolling, I highly recommend it. [Lauren Roxburgh's] program is designed to improve posture, release tension and stress, activate and strengthen the core, and heal from the inside out. When I was a model, I used a foam roller to lengthen my muscles. I'm so excited to get back into it once I give birth! Oh, and Goop dubbed her "The Body Whisperer." Enough said."

"MollySims.com

### Fascia in the Osteopathic Field

### Living Pain Free

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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.

### Fascial Stretch Therapy

### Yoga

Principally based on dissections of hundreds of un-embalmed human cadavers over the past decade, Functional Atlas of the Human Fascial System presents a new vision of the human fascial system using anatomical and histological photographs along with microscopic analysis and biomechanical evaluation. Prof. Carla Stecco - orthopaedic surgeon and professor of anatomy and sport activities - brings together the research of a multi-specialist team of researchers and clinicians consisting of anatomists, biomechanical engineers, physiotherapists, osteopaths and plastic surgeons. In this Atlas Prof. Stecco presents for the first time a global view of fasciae and the actual connections that describe the myofascial kinetic chains. These descriptions help to explain how fascia plays a part in myofascial

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dysfunction and disease as well as how it may alter muscle function and disturb proprioceptive input. Prof. Stecco also highlights the continuity of the fascial planes, explaining the function of the fasciae and their connection between muscles, nerves and blood vessels. This understanding will help guide the practitioner in selecting the proper technique for a specific fascial problem with a view to enhancing manual therapy methods. Functional Atlas of the Human Fascial System opens with the first chapter classifying connective tissue and explaining its composition in terms of percentages of fibres, cells and extracellular matrix. The second chapter goes on to describe the general characteristics of the superficial fascia from a macroscopic and microscopic point of view; while the third analyzes the deep fascia in the same manner. The subsequent five chapters describe the fasciae from a topographical perspective. In this part of the Atlas, common anatomical terminology is used throughout to refer to the various fasciae but it also stresses the continuity of fasciae between the different bodily regions. Over 300 unique photographs which show fascia on fresh (not embalmed) cadavers Demonstrates the composition, form and function of the fascial system Highlights the role of the deep fascia for proprioception and peripheral motor coordination Companion website - [www.atlasfascial.com](http://www.atlasfascial.com) - with videos showing how fascia connects with ligaments

## The Catcher in the Rye

These 8 posters illustrate the bones, muscles and joints described in the book The Anatomy Trains on the basis of "train" lines, tracks and stations. Each poster focuses on one "train" line and features full-colour illustrations, line drawings to clarify and tables summarising the tracks

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and stations for each line. 8 colour posters Clarifies and reinforces the teaching approach of the Anatomy Trains book Larger illustration size allows for them to be used as teaching aids in classroom or clinic Useful also for student revision Presentation in a tube for easy mailing, transport

## Functional Atlas of the Human Fascial System

Fascia in Motion is a comprehensive guide to fascia oriented training in original and contemporary Pilates mat, reformer, and studio applications. It will broaden the movement teacher's understanding of fascia and incorporates the latest research and its impact on training. The book includes a comprehensive exercise compendium and chapters covering specialised applications such as fascia-focused training for ageing well, correcting computer posture and more.

## Free Your Fascia

If you want to be faster, stronger, and less prone to injury, it's critical you understand how important the body's fascia system is to athletic performance. Modern research and imaging technologies are showing us that it's far more significant than we have long understood. That's why Bill Parisi--founder of the Parisi Speed School--and extreme sports writer, Johnathon Allen, set out on a nationwide quest to interview the top experts in the field so they could

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present this new performance science in a paradigm shifting book that's not only packed with practical information, but also entertaining to read! Fascia Training: A Whole-System Approach, explores the new evidence-based science of fascia training as explained by top experts in the field, including "Dr. Back Mechanic" Stu McGill, champion Olympic coach Dan Pfaff, founder of Anatomy Trains Tom Myers, biomechanist Ken Clark, founder of Sparta Science Phil Wagner MD, and assistant coach of the Philadelphia 76ers Todd Wright. Fascia Training is a "must read" for anyone serious about improving performance and reducing injury.

### Moving Stretch

An essential self-help guide to treatment of chronic pain based on myofascial release This indispensable self-help guide is for anyone suffering from chronic pain and struggling to understand why standard medical approaches have failed them. Taking a mind-body approach, the book clearly and simply explains how chronic pain develops, and why an understanding of fascia--the main connective tissue in the body--is the key to restoring pain-free movement and health. Author and myofascial release expert Amanda Oswald informs readers about the role of fascia in chronic pain and empowers them to help themselves through simple and effective self-care techniques, stretches, and exercises. Living Pain Free is a must-read for anyone experiencing chronic pain from conditions including migraines and headaches, repetitive strain injury (RSI), jaw (TMJ) pain, frozen shoulder, neck and back pain, chronic pelvic pain, scar tissue, and systemic pain conditions such as fibromyalgia, chronic fatigue, and myofascial pain syndrome. It will also benefit anyone interested in understanding

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chronic pain from a myofascial perspective.

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