The Sensation of Fascia

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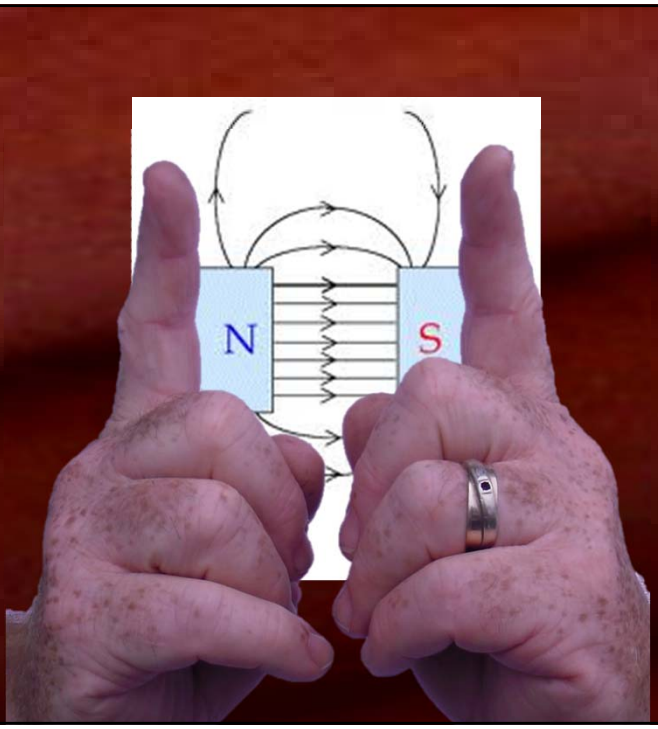
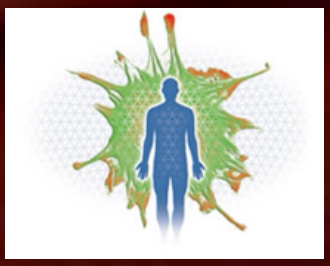
"…keep a living picture before your mind all the time, so you can see all joints, ligaments, muscles, glands, arteries, veins, lymphatics, fascia superficial and deep, all organs…"
(Still, 1899, Philosophy of Osteopathy, p.13)

Power of Suggestion



Fascia

- Fascia is the soft-tissue component of the connective tissue system that permeates the human body, forming a continuous, whole-body, three-dimensional matrix of structural support.



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Connective Tissue Proper = Fascia

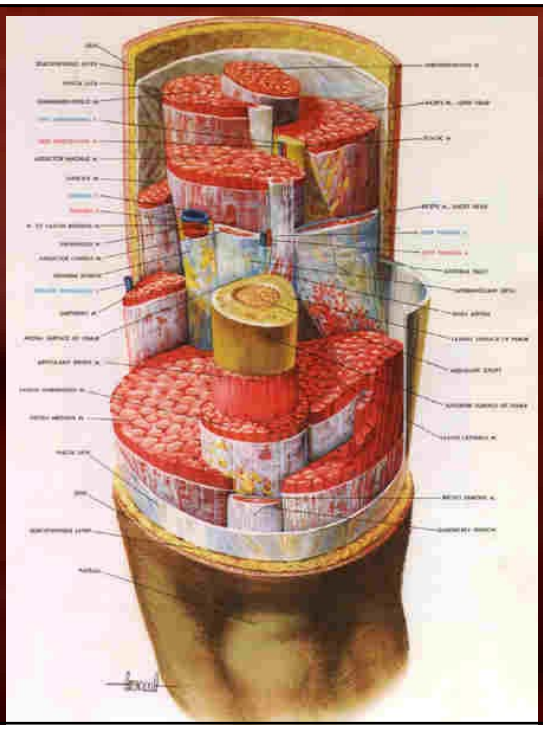
- Fibrous component is the predominant feature.
- Loose and Dense – based on percentage of fibres
- Dense = dominated by fibres
- Regular or Irregular

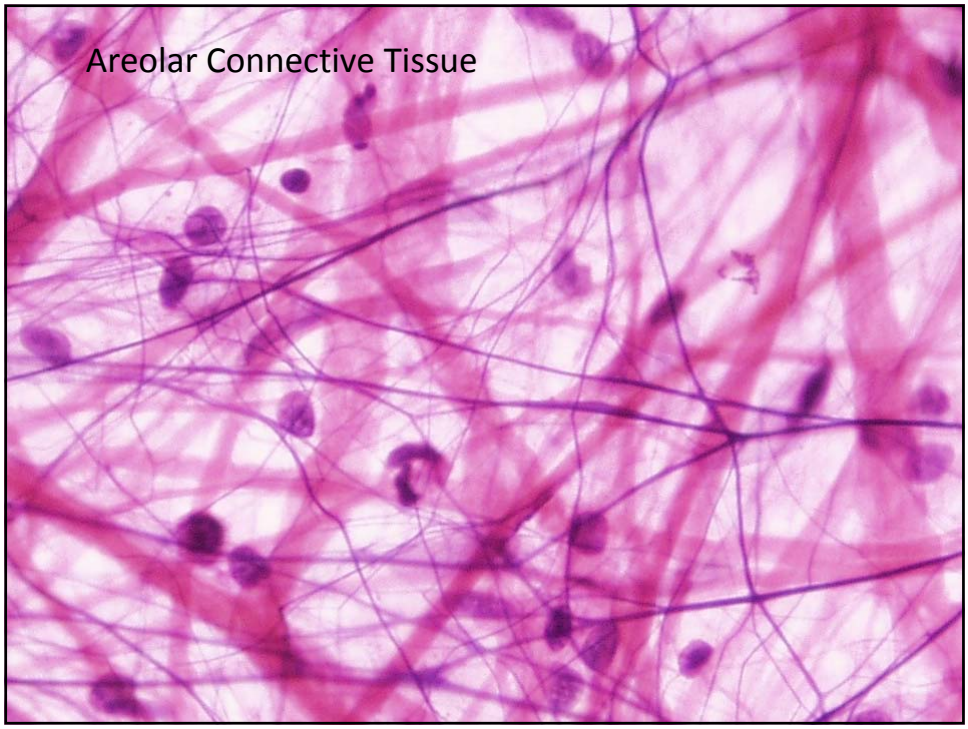
Components

- Cells

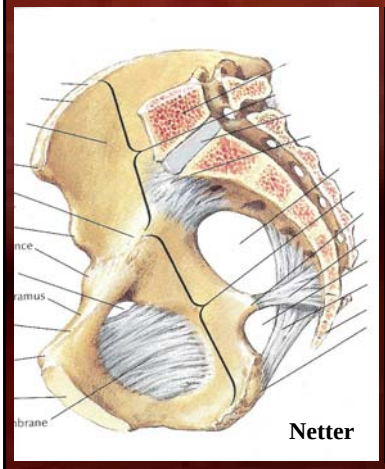
Extracellular Matrix

- Fibres
- Ground Substance (non-fibrous, non-celluar) elements of the Matrix
  - Water bound to long-chain carbohydrate molecules and carbohydrate-protein complexes.

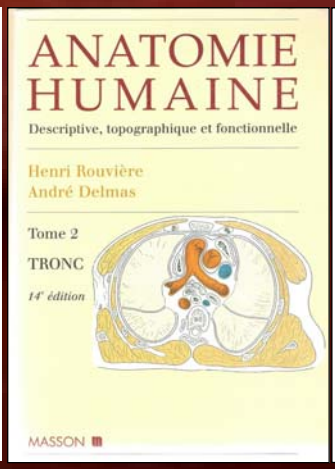



Areolar Connective Tissue

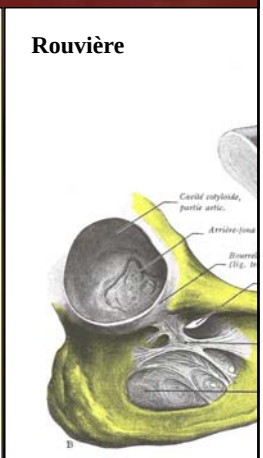
Netter vs. Rouvière



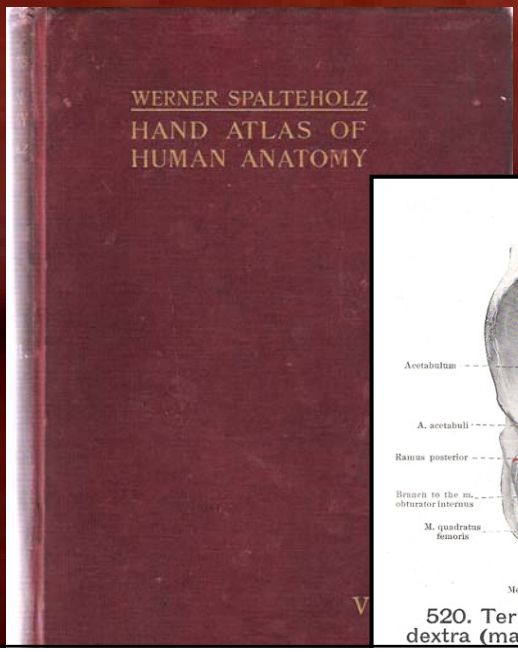
Netter

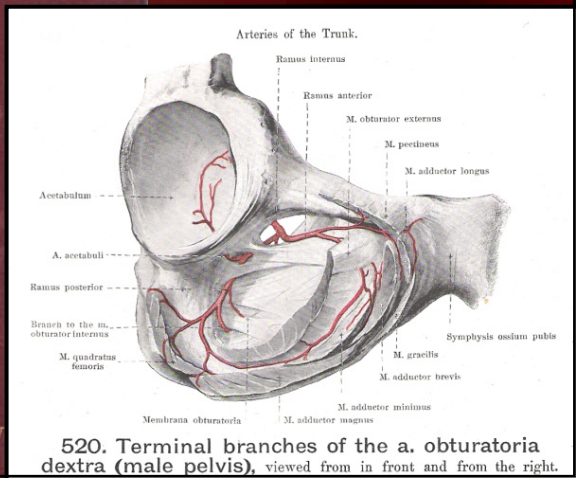


Rouvière



Rouvière, H., A. Delmas, et al. (1997). Anatomie humaine : descriptive, topographique et fonctionnelle. Paris, Masson.





520. Terminal branches of the a. obturatoria dextra (male pelvis), viewed from in front and from the right.

Why was fascia important to Still?

- "The part the fascia takes in **life and death** gives us one of the greatest problems to solve."
- "The fascia proves itself to be the probable matrix of **life and death**."
- "By it's action we **live**, by it's failure we shrink or swell and **die**."

Still, A. T. (1902). *The Philosophy and Mechanical Principles of Osteopathy,* p.60.
Still, A. T. (1902). *The Philosophy and Mechanical Principles of Osteopathy,* p.116
Still, A. T. (1899). *The Philosophy of Osteopathy,* p.164

Practical