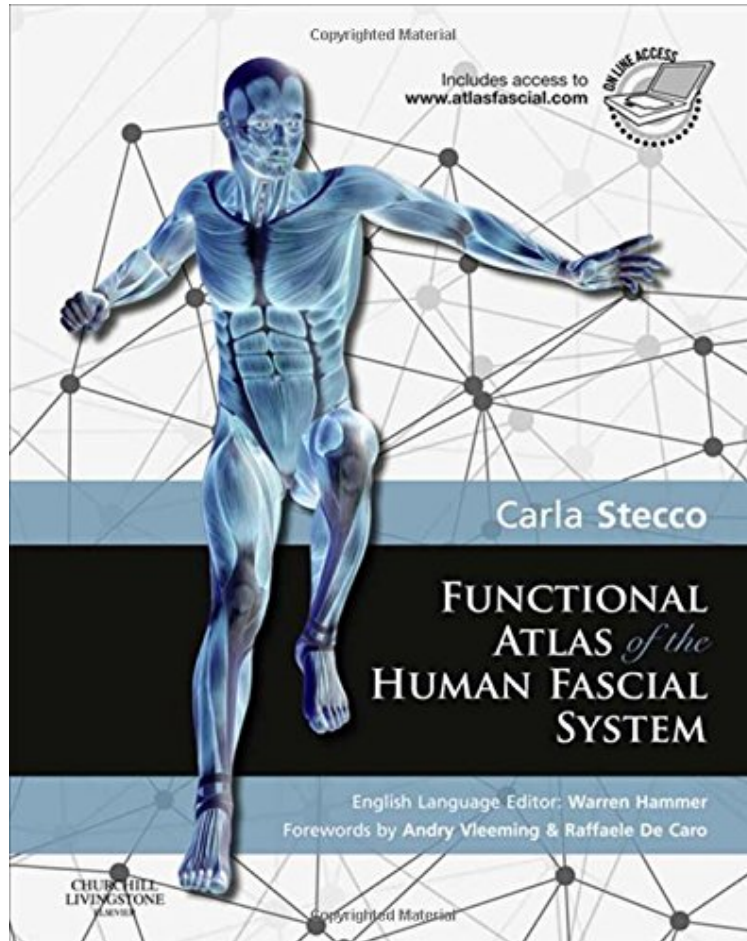


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# Functional Atlas of the Human Fascial System, 1e

Carla Stecco MD

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7 of 7 people found the following review helpful. This book is well worth owningBy sue adstrumFabulous. A major and much needed step forward in scholarly description of the human fascial system. So beautifully written and presented that it is a delight to read, and is likely to make lots of sense to a wide variety of readers (academic and non-academic).3 of 3 people found the following review helpful. The amount of time a effort put into this book ...By CustomerThe amount of time a effort put into this book by Carla is well worth while the price. The information is a must for those manual therapists who want more information on the fascial system.12 of 13 people found the following review helpful. Required reference; stunning visualsBy Til LuchauDr Stecco's atlas shows us, through numerous high-quality color photographs of fresh unembalmed subjects, the myofascial relationships that previously had to be inferred from multiple sources. Focusing on the applications to clinical practice, this book will become an essential reference for therapists, and part of the curriculum for many manual therapy training programs, including

ours.

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 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

About the Author Carla Stecco is co-author of the book *Manipolazione fasciale: parte pratica* di Luigi Stecco and Carla Stecco (Piccin, Padova, 2007), translated into English as *Fascial Manipulation: practical part* by Luigi and Carla Stecco, 2009, Piccin, Italy Author of two chapters (*Manipolazione fasciale*", pp. 56-59 and *Manipolazione fasciale nel trattamento dei reumatismi extrarticolari*", pp. 282-287) in the book *La riabilitazione integrata delle patologie reumatiche* of Nava T. (2006), Masson ed., Milano. Author of three chapters in the book *Fascia in Manual Therapy* by Schleip, Findley, Chaitow Huijing, Elsevier (in press) Published extensively in a variety of journals