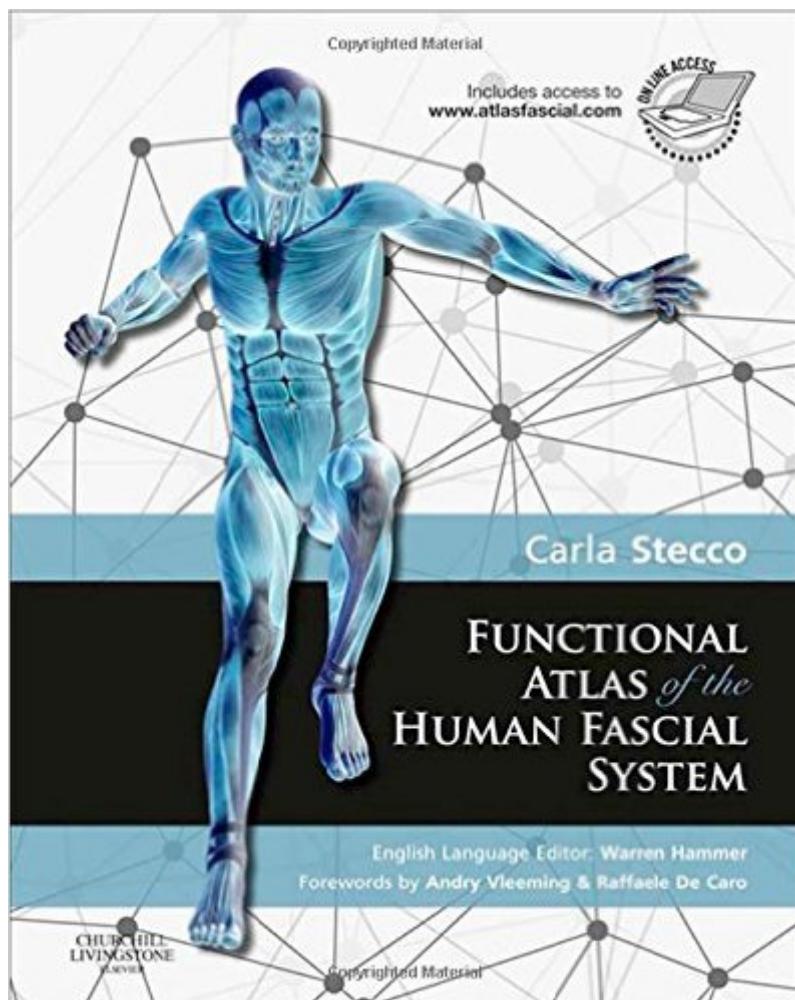


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# Functional Atlas Of The Human Fascial System, 1e



## Synopsis

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

## Book Information

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## Customer Reviews

This is a groundbreaking book. If you are interested in fascia - meaning if you are interested in the biological fabric that holds us together, meaning if you are interested in biomechanical autoregulation like me - you have been waiting years for just this book. Most anatomy atlases we

use remove and ignore the 'inert packing material' of the fascia - at best consigning it to the sidelines. Here the living fascia is front and center, beautifully dissected and photographed by Carla Stecco, who continues the proud 500-year tradition of anatomical excellence and innovation from the University of Padua - home of the the father of modern anatomy, Andreas Vesalius. Like most atlases, this is laid out regionally, with a supporting formal and informative scientific text (ably translated by the inimitable Warren Hammer), but even someone who is not an anatomy nerd, and absolutely all practitioners who work with the body's structure like rolfers and osteopaths, physios and trainers, will get immediate and lasting value from the stunning photographs of untreated cadavers offering new views of the 'real' anatomy of fascia. This immediately becomes an essential text in our certification program.

Fabulous. 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).

Dr 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.

As a student of osteopathy I am disappointed that Dr. Stecco's book mentions nothing about visceral fascia and the interplay of the somatic fascia with the visceral fascia. I should have realized that with her credentials as an orthopedic surgeon it would likely be overlooked. In reading the table of contents there was a chapter on the fascia of the thorax and abdomen so I was hopeful. That being said I can complement the text on its respect of the fascia as a functional unit. The initial chapters on histology and the superficial, intermediate and deep fascia taught me some basic science fundamentals that I was missing. I agree with other reviewers regarding the stunning quality of the photography. The book is written well. I wish it delved into mechanotransduction/tensegrity in greater detail

This is an excellent new text which shows physical and neurological relationships in the human moment system and fundamentally changes the way we understand and evaluate movement and pain. We have know for some time that the assessment of structure alone (general orthopedics)

does not correlate well to pain or function. That has lead some to assume the causes were due to psychosocial factors. Others assume the problems without a clear structural cause is "brain pain" with potentially little relationship to the periphery. This work makes it clear that we need to take a new look at how we assess the physical body and integrate that with the new information from studies of the brain.

I should have had this book when I was a student. But students don't build a library today. They need this one. Dr. Faye

The amount of time and 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.

Yes it took a while for the first Edition to arrive, but the service was fantastic, and the book - Ahh the book is great!

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