

CURRICULUM / CONTENT

Fascial Chains

1. General
2. Composition of Fascial Tissue
3. Fascial Functions
4. Origin of Fascial Problems
 - 4.1. Fascial Dysfunction Includes
 - 4.2. Fascia and Aging
 - 4.3. Myofascial Trigger Points
 - 4.4. Scar Tissue
 - 4.5. Inflammation
 - 4.6. Fibrosis
 - 4.7. Postural Habits
5. Chains
 - 5.1. General
 - 5.2. The Different Chains
 - 5.2.1. The Superficial Front Line (SFL) and Back Line (SBL)
 - 5.2.2. The Lateral Line (LL) and the Spiral Line (SL)
 - 5.2.3. The 4 Arm Lines
 - 5.2.3.1. Superficial Front Arm Line
 - 5.2.3.2. Deep Front Arm Line
 - 5.2.3.3. Superficial Back Arm Line
 - 5.2.3.4. Deep Back Arm Line
 - 5.3. The Thoracolumbar Fascia
6. Assessment of the Zink Common Compensation Patterns
7. Janda and Lewit's Postural Patterns
 - 7.1. Upper Cross Syndrome
 - 7.2. Lower Cross Syndrome
8. Skin Assessment Method by Lewit
9. Bowens Neuromuscular Techniques
10. Sports and Exercise Principles
 - 10.1. In Sports and Movement Therapy, it is Recommended to Use
 - 10.2. Stretching
 - 10.3. Dynamic Stretching
 - 10.4. Fascial Proprioceptive Refinement

10.5. The Catapult Mechanism (Kram & Dawson 1998)

10.6. The Ninja Principle

11. Osteopathic Treatment

12. Conclusion

13. Bibliography

Acknowledgment