



# Fascial Dysfunction

*Leon Chaitow*

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## **Fascial Dysfunction** Leon Chaitow

This book provides all therapists with a clear guide to what the fascia is, how it goes wrong, and how to treat disorders that involve the fascia.

The book is in two parts. It builds on a background of what is now known or currently hypothesised about fascial dysfunction and its repercussions. Section 1, on Fascial Foundations summarises latest knowledge on fascia and links it to clinical practice. It comprises five chapters by Leon Chaitow with one chapter contributed by Tom Myers. It looks at fascial function and dysfunction; gives guidelines on clinical assessment and suggestions for ensuring that treatment approaches achieve their maximum potential in the restoration of normal fascial function.

Section 2 entitled Selected Fascial Modalities comprises 15 chapters, each written by an internationally recognised clinical expert and each describing and explaining a technique which has been proven to be effective in the treatment of fascial dysfunction.

The book is highly illustrated with black and white photographs, line drawings and a colour plate section to illustrate the anatomy and physiology of fascia.

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