

NWHSU Faculty Scholarship Archive

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<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Fascial manipulation: practical part – first level, 2 <sup>nd</sup> edition, Luigi Stecco, et al.
<b>Date:</b>	2018
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Joanie Holst
<b>Abstract (or Book Review):</b>	<p>Description: The authors note that they felt that a second edition of their book on fascial manipulation was needed because the first edition lacked anatomical illustrations. This edition is filled with well done, colorful photographs of the anatomy as well as the technique.</p> <p>Purpose: The purpose is to provide assistance to students attending the Fascial Manipulation-Stecco Method training courses. This particular method of fascial work is unique because it addresses working with the six planes of movement: antemotion, retromotion, mediomotion, lateromotion, intrarotation, and extrarotation.</p> <p>Audience: This book is written specifically for students training in this method. It would be difficult to get a good understanding from this book without studying this approach because the language and terminology is not the same as what is taught in the United States. As the originators of this method, the authors have become well known since the start of the Fascial Research Congress. The foreword is written by Robert Schleip, also well known in the world of fascial research.</p> <p>Features: After with two chapters dedicated to the anatomy and histology of fascia, each of the subsequent chapters (3-8) is dedicated to a plane of movement and the myofascial sequence that moves the body within that movement plane. The most outstanding feature of this book is the collection of illustrations. The photos are well done, clear, colorful, and include anatomical as well as cadaver photos. The cadaver photos appear in chapter one and depict the fascial anatomy. These photos are beautiful depictions of fascia and probably many of them have never before been seen by most readers. The book includes a list of abbreviations that are used in this particular training method as well as a one-page list of</p>

references. There is no index, but the table of contents lists in detail the contents of each chapter.

Assessment: This is a well done book with high quality photos and good organization. There are certainly many books about fascia and fascial technique in the marketplace. This one is designed for use by a very specific audience, and it appears it would be a helpful accompaniment for that specific training.