Notes on visceral adhesions as fascial pathology

Summary

Fascia is introduced as an organizing anatomical category for visceral mesothelia. Normal tissue relations are discussed in order to frame the presentation of abnormal visceral adhesions as fascial pathology, 4 types of which are identified. Laboratory dissections of fixed and unembalmed human cadavers provide the basis for insights into these pathologies as regards self-care and therapeutic technique.
Outline

1. Summary
2. Intent
3. Anatomical background
4. Normal adhesion of the parietal layer to the fibrous layer
5. Normal adhesion of the visceral layer to the viscera
6. Normal relations of parietal and visceral layers to each other
7. Normal sliding surfaces
8. Definition of pathological adhesion
9. Adhesion distinguished from ligamentous distortion
10. Types of pathological adhesion by cause
11. Inflammation from infections or other types of disease processes
12. Inflammation and scarring as the sequelae of surgical intervention
13. The sequelae of prior limitations upon movement cycles
14. Intentional therapeutic adhesion
15. Varying impact of adhesions
16. Palpating for adhesions
17. Direct vs indirect approaches to releasing adhesions
18. Hypothetical examples of indirect release of adhesions in vivo
19. Self-care example
20. Practitioner-supported example
21. References

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