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Anatomy FOR TOUCH

Digital Extra!

Retinacula:
Finding Your Footing

By Rachelle Clauson & Nicole Trombley

Massage & Bodywork Magazine

The Forgotten Fabulous Fabric
Deep Fascia AnatomyZINE Excerpt

DEEP FASCIA
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TRY IT!
Finding Your Retinacula

PROPRIOCEPTION
Your body's Built-in GPS

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All of our print and digital content is a labor of love for the purpose of providing educational information to movement and bodywork professionals. If you would like to use any of this material for your own trainings and education, please contact us so we can provide you with more information.

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with our thanks

The images from the anatomy lab would not have been possible without the gracious gifts of the donors and their families to whom we are deeply grateful.

- Rachelle and Nicole

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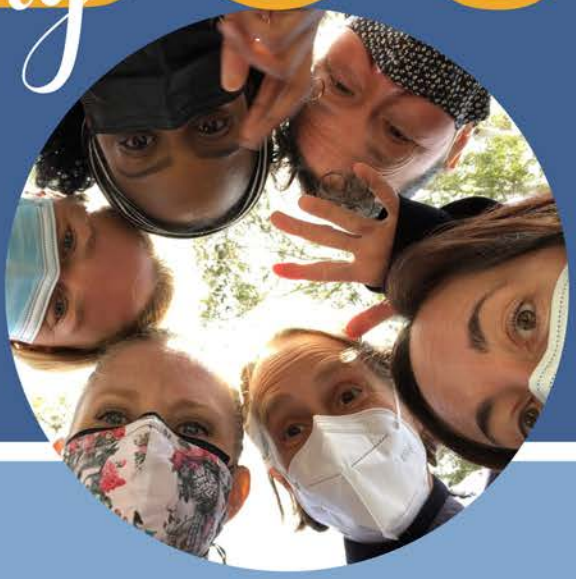

Anatomy explorations for Bodyworkers

Dear Anatomy Lover,

We're so excited to collaborate on AnatomySCAPES together and share this work with YOU. We want more bodyworkers and movers to have access to both the anatomy lab *and* the latest research on fascia.

For us personally, studying anatomy — and fascial anatomy in particular — has taken our understanding of the human body so much deeper. And more importantly to us as bodyworkers, our touch skills have been taken to the next level. And our clients have noticed.

The anatomy lab has been the domain of a select few for centuries. That is shifting. And we get to be part of a generation that is changing who gets to do anatomy. We're committed to creating online and in lab educational opportunities that make this work more available. We hope you'll join us!

Love,
Rachelle & Nicole

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DEEP FASCIA

THE FORGOTTEN FABULOUS FABRIC

When you first learned about the musculo-skeletal system, you probably learned about pulleys and levers — the biomechnical model, much of which still holds true today. But looking closer, this oversimplified story cannot fully account for the remarkable efficiency of your body in motion. If it did, then robots would look a lot less, um, robotic. Muscles, bones, and nerves aren't enough to facilitate the complex, elegant movements we do every day.

ABOVE: Though a clear depiction of the human muscle system, the fascia is all but completely missing from this rather typical anatomical image, leaving you with an incomplete (and dare we say, inaccurate) understanding of how the body moves.

Spoiler Alert: muscles don't just pull on bones. They also pull in specific ways on a complex three-dimensional network of deep fascia. BOOM! That's a mic drop moment. Read it again. Turns out deep fascia is a major force transmitter.

USE "THE FORCE"

We all know that muscles contract; it's what they do. Good ol' actin and myosin get together and allow us to take a nice, long muscle fiber and make it shorter. Ta-dah. You have a force generator. Actually, you have millions of them. But where does that force go? If the muscle fiber was just sitting on your arm, would contracting it allow you to pick up your orange juice at the breakfast table? No, it would just shorten. The fiber needs to be connected to something that can transmit that force. Enter our superstar in this story: Deep Fascia.

Most of us have used the word "muscle" when we actually should be saying "myofascia." This little word simply accounts for the muscle fibers, *myo*, and the commonly neglected connective tissue part of our force transmitting system, *fascia*.

BEYOND FORCE TRANSMISSION

Fascia and force transmission. Check! So if muscles generate force, and fascia transmits force, is that the end of deep fascia's story? Nope. According to fascia researcher, Carla Stecco, two of fascia's major roles beyond just force transmission are 1) helping you know where your body is in space, and 2) assisting with motor coordination.

Before we discuss the feasibility of that further, let's try a couple little experiments to demonstrate how we use proprioception and muscle coordination in daily life.

Proprioception

Try this: point to something across the room with your left index finger. Now close your eyes and touch your nose with the same finger. Go ahead, we will wait here for you...

How did it go? Did your finger meet your nose? Did you miss? If you missed, did you miss by a little or a lot? Probably only by a little, if any at all. Now, try it with your right hand. Better? Worse? If you were able to make contact with your nose either time, here is the question: How were you able to do that?! If your eyes were closed, how did you know where your nose was and what movement was required to touch it with your finger? It's a little thing called proprioception: the ability to feel where your body is in space.

Motor Coordination

Let's try another one: find something within reach that you can pick up and set back down, like your cell phone or your water bottle.
To be continued...

(This excerpt from* Deep Fascia *Online Course.)

RIGHT: Proprioception and motor coordination are vital to moving through our day in an organized manner. They are also of extreme importance in sport and the movement arts where timing, accuracy, and grace are essential.

DEEP FASCIA:

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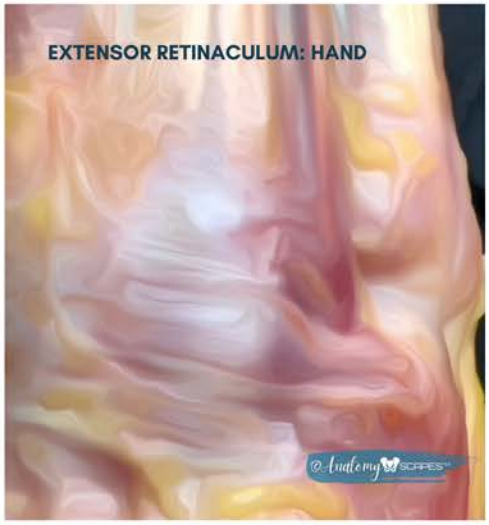
or go to **antatomyscapes.com/ABMP** for your discount code access and to find out more about our unique online anatomy course, Deep Fascia.



Deep FASCIA

ANATOMY FOR TOUCH *Retinacula*

AnatomySCAPES™

Try it!

Finding your retinacula...

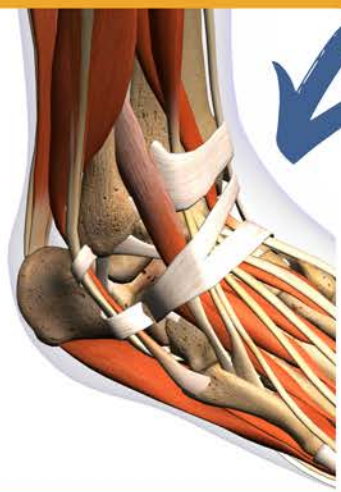
Though lacking in squishability, the wrists and ankles contain the retinacula. Known for supporting healthy tendon movement, the retinacula have recently been discovered to also aid in proprioception through tensional neurofeedback.

Take a moment to find your own wrist and ankle retinacula!

1

WRIST RETINACULA

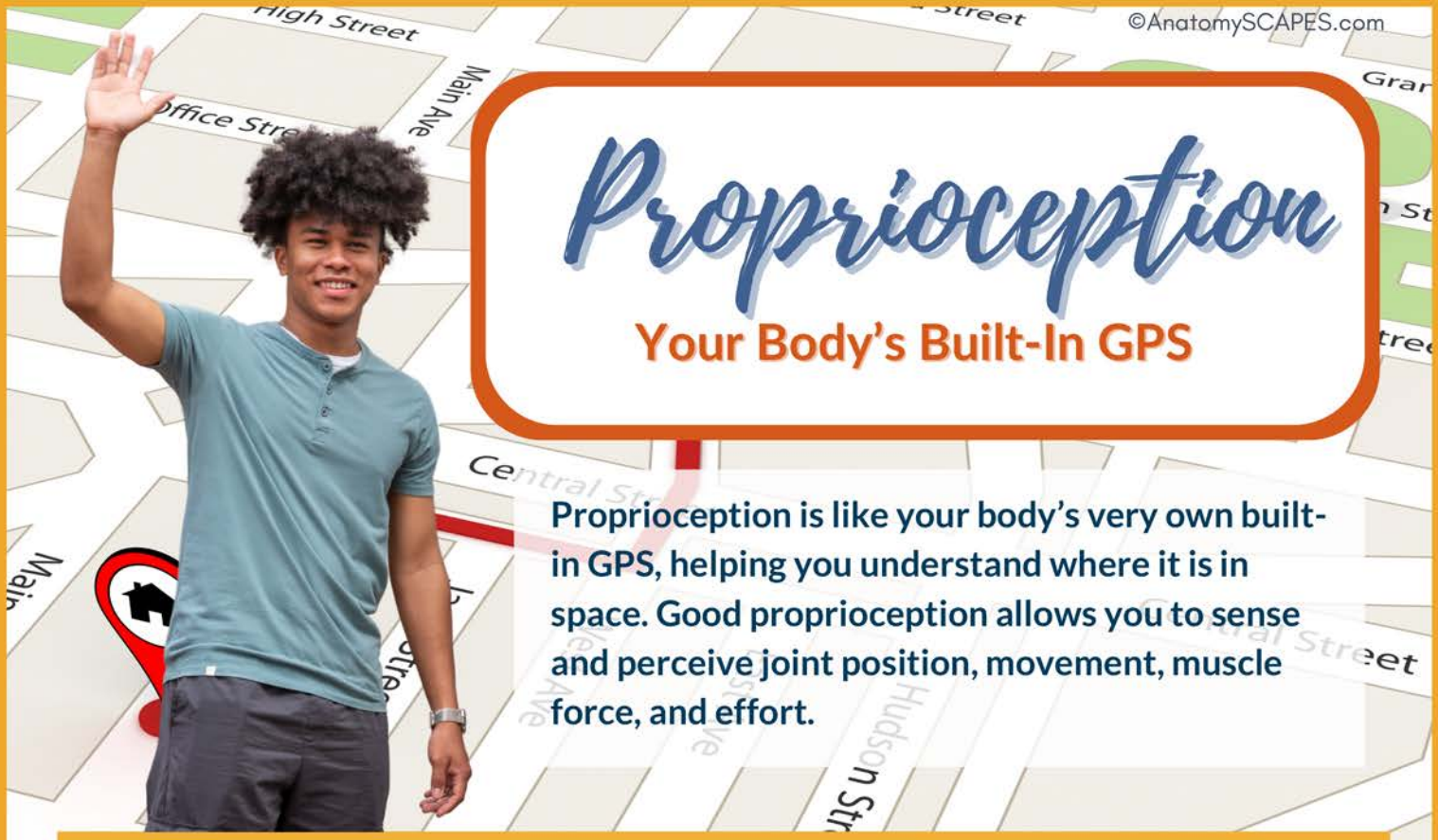
Circle the fingers of one hand, around the opposite wrist, directly at the base of the hand. This encircling bracelet mimics the two retinacula of the wrist. On the palmar side, the flexor retinaculum creates the roof of the carpal tunnel. On the dorsal side, the extensor retinaculum covers the tendons from the radius to the ulna.



ANKLE RETINACULA

Wrapping your hand around the front of your ankle, wiggle your toes and move through dorsiflexion and plantarflexion. Note the many tendons passing through this area. The superior and inferior extensor retinacula span over these tendons.

2



Proprioception

Your Body's Built-In GPS

Proprioception is like your body's very own built-in GPS, helping you understand where it is in space. Good proprioception allows you to sense and perceive joint position, movement, muscle force, and effort.

Try this:

Close your eyes and wave hello with your right hand as you imagine greeting your friend walking towards you. Now assess your position without looking. What can you perceive?

Even with your eyes closed, were you able to sense your body's position (arm lifted, elbow bent, hand in the air, and palm facing forward), movement (waving hello), and spatial orientation (leaning to the left or right)?

Our tissues don't need satellites to communicate this information; they are hard-wired to the central nervous system. Special sensors in our tissues send constant messages to the brain about position and movement. The brain uses this information to help you stay upright and walk smoothly without ever having to look down at your feet.

from the authors

Congratulations on going on an adventure in human anatomy! We are thrilled to be a part of your education and learning process.

Here at AnatomySCAPES, we are dedicated to providing you with resources that will make your learning and understanding of human anatomy a rich and stress free experience. That's why we have plenty of amazing images and colorful writing to ensure that your journey is as informed and exciting as possible! We have created the educational materials we wish we had when we began our journey. Welcome!

Nicole & Rachelle

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