

BOOK OF ABSTRACTS



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Education and Rehabilitation Sciences - Poster Session 1**ERFCON2017.0007 Fascial Palpation**

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ABSTRACT

Fascia, as the largest system in the human body, is a continuous interconnected network that has the ability to distribute tension and retain compensation. Fascia is at the same time the richest sensory and proprioceptive organ. Due to its potential of flexibility and variability, the role of the fascia in the body is to provide support to other systems, which also includes shock absorption and postural adaptation. Fascia has memory capability with the possibility to recover and regenerate through the manual treatments. The integration of touch and palpation of the fascia, as diagnostic and therapeutic skill, provides a new approach in the field of rehabilitation. In recent years fascia, as structural and proprioceptive integrity of the individual, has become the subject of comprehensive research and interest in manual therapy. Palpation has a role in clinical decision-making, and is therefore one of the most difficult clinical skills in the professional development and learning. Palpation is a complex task that requires the optimal combination of knowledge, skills and attitudes for the release of cognitive space for perceptual reasoning. Therapeutic process including fascial palpation is one of the important factors with the potential for transformational change in new manual approaches. The emotional aspect of this approach is more dominant than the cognitive one; as it excludes conscious critical mind while palpating subtle changes and receiving information from the fascia. The psychosocial dimension of fascial palpation is characterised by a holistic approach which raises the awareness of therapeutic work on the fascia. It thus becomes a challenge for every practitioner in the desire for individualisation and self-actualisation. Fascial palpation is a two-way exchange of information between the therapist and the client, focused on getting the quality of the movement within the structure. This results in functional motion that has reciprocal effect - it allows for the harmonious movement within the structures as well. The art of fascial palpation skill provides the benefit to the client, also contributing to the realization of the therapist's full potential.