

Fascia Release in Water. A New Approach to Assessment and Treatment of the Connective Tissue.

Zagorski T. MSc, Kurkowski M. BA
Training Institute HandsOn,
Dabska 20A/52, 31-572 Krakow, Poland. +48 605 951 125, info@handson.pl

BACKGROUND Exploration of human connective tissue has led to developing a new therapeutic strategies and techniques. Water is interesting and unexplored environment in terms of fascia treatment. In an anti-gravity environment such as water muscle tissue tension in myofascial complexes can be significantly decreased. This allows for the assessment of fascial and any primary postural patterns without interference from the skeletal muscle system and the anti-gravity medium creates a possibilities for a novel treatment modality [1,2]. The purpose is to present a new approach to the assessment and treatment of fascia in water from both: theoretical and practical aspects.

METHODS The Authors reviewed studies about hydrotherapy, physiology of warm water immersion, exercise in water, physiology of fascia, treatment intervention on fascia, and biotensegrity. To support this theoretical basis the authors have been utilizing their extensive clinical experience and have done trials with group of patients.

RESULTS The physical properties of warm water (33-36 degrees Celsius) and a well- supported position of the body result in a significant decrease of muscle tissue tone. In this state we can observe the true structure and function, range of motion, symmetry and quality of movement of the patient's fascial system. In water immersion a therapist can apply more easily some of their intervention techniques, and relaxation allows the patient to receive them better. The Author's gathered information of theoretical background and summarized possible assessment and treatment techniques in both, open and closed body positions. They have listed indications and contraindications, along with the possibilities and limitations of the approach.

CONCLUSION Fascia release in water seems to be a very innovative approach to manual work for both: theoretical research and practical applications. This interdisciplinary approach can give additional tools of assessment and treatment for therapists of different specialties.

REFERENCES

- [1] Cole A.J., Becker B.E., Comprehensive Aquatic Therapy. 3e. 2011.
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