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Fascial manipulation in common fascial pain syndrome in women : Dysmenorrhea during pregnancy, urinary incontinence, pelvic pain, etc

Women's pain syndromes, including perinatal DeQuervain's tenosynovitis and Carpal Tunnel Syndrome, dysmenorrhea, and bladder incontinence, are common incidences within the realm of rehabilitation today. Difficulty in treating these problematic conditions is causing us to consider outside the typical anatomical borders. The role of the human fascial system in myofascial pain syndromes is becoming better understood today. Because of the intimate relationship of the fascia, not only within the locomotor system, but also with the visceral, glandular and vascular systems, it can be found to play a role in the manifestation and treatment of pain in women's conditions. The anatomy and physiology of the fascia, externally and internally, can be affected by hormonal changes as is evident with pregnancy, menopause, as well as, trauma associated with the female system-e.g. delivery (vaginal and caesarian) and breast surgery. Symptoms can present in the locally, in the pelvis or chest wall, and can present distally also, within the extremities. Fascial Manipulation® is a treatment technique created by Luigi Stecco PT over the last 40 years in northern Italy. His study has considered the active role of fascia in the proprioceptive system- the intimate relationship of the fascia with the afferent system- mechanoreceptors, free nerve endings and muscle spindles- in force transmission, as well as, in function of the organs and glandular systems- both normal and pathological. He has proposed a biomechanical model to analyse and treat dysfunction, considering the history of injury to of the individual, to further investigation of the dysfunction of fascial involvement of the musculoskeletal system. Luigi Stecco's work has been validated by recent research of the fascia. Dr. Carla Stecco has done extensive dissections of the fascial system, studying the structure of the deep fascia, the visceral, and the superficial fascia, which has illuminated the role of these tissues in normal and abnormal physiological function. Antonio Stecco has also been active in researching the role of these tissues, their ability to work in a sliding system. In particular, the role of loose connective tissue within the fascia and its constituents, in a normal state, and when pathological, restricting movement and neural input, therefore becoming a source of pain. Fascial Manipulation® focuses on addressing the restrictions in the fascia and, after careful assessment, treating the areas responsible for the dysfunction restoring normally gliding of the tissue.

Biography

Cheryl Megalos PT currently is teaching workshops and courses in Fascial Manipulation® in North America. She works as a physiotherapist in Vancouver in a busy practice which includes a number of specialties. In the first few years of her career, she worked in orthopaedics and vocational rehabilitation. Fascial Manipulation became a clinical interest in 2010, and she started her training in Thiene, Italy in 2010 in the first international course in English then. Currently, she is assisting with both Fascial Manipulation workshops and Level I and II courses to therapists in North America

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