



FASCIA

ITS STRUCTURE AND FUNCTION

The Shoulder Girdle

The healthy Shoulder Girdle facilitates a great variety of movement between the thorax, scapula, clavicle and humerus. The sliding and elongation of myofascial tissues coupled with the bony architecture permit this broad range of motion. The freedom, function and stability of this girdle depend on the balance of tensions in the myofascial structures.

The very myofascial tissues that allow that great range of motion can also cause dysfunction. There are many fascial planes and interacting structures in this area that can not only restrict movement but compromise vessels and generate pain. The arm, neck, thorax or shoulder itself can all be the site of pain in shoulder girdle dysfunction. The underlying myofascial restriction however can be in a distant site. Understanding the fascial layer interactions and junction points is useful addition for any clinician looking to restore function in the shoulder girdle.

Join Mark Finch for this two-day workshop:

- Learn to approach shoulder girdle dysfunction from a fascial perspective.
- Learn simple assessment techniques to make sense of this complex area.
- Gain useful clinical skills to restore movement and relieve pain in this area.

For information on upcoming sessions of this course, visit www.markfinch.ca.

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Mark Finch Dip Mass, KMI

Mark Finch has been a body worker since 1996. He has completed training in Therapeutic Massage, Neuromuscular therapy, Kinesis Myofascial Integration (KMI) and most recently Visceral Manipulation. He has successfully treated in a variety of therapeutic settings, from touring with the Riverdance troupe to maintaining a busy practice in Vancouver BC.

Mark teaches 'The Anatomy Trains' and 'Fascia, Its Structure and Function' in numerous international venues. He brings a deep foundation of clinical skill to his teaching, and this combined with his passion for learning and manual therapy make him a dynamic presenter.

