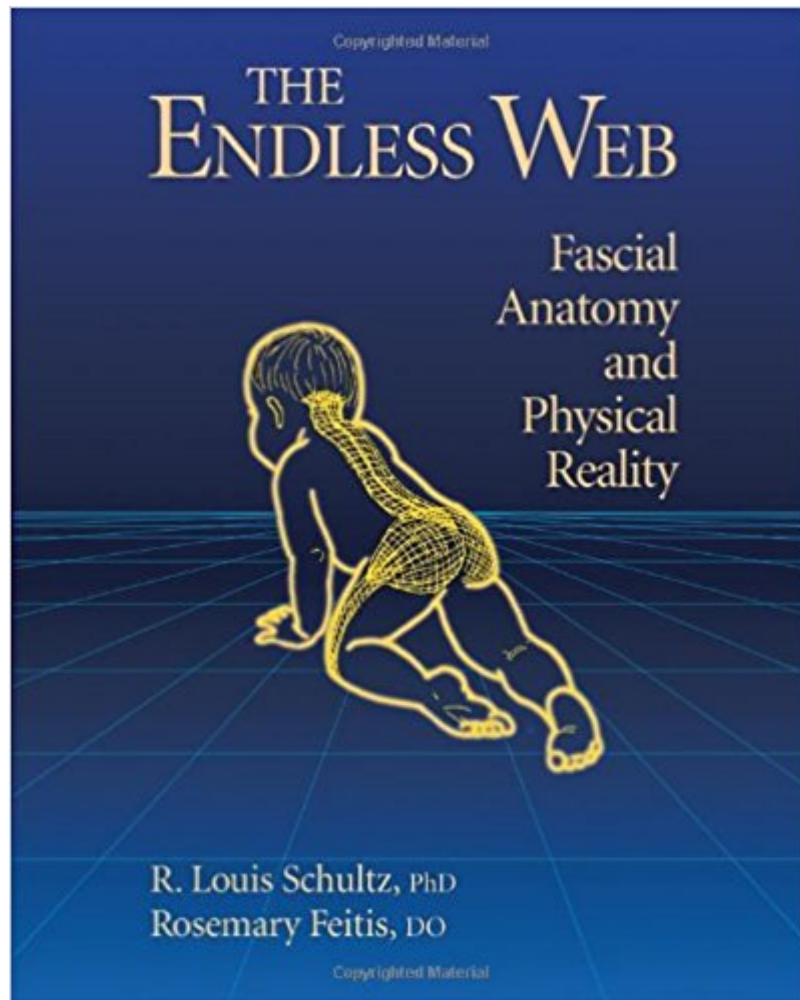




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The Endless Web: Fascial Anatomy And Physical Reality



Synopsis

The result of more than two decades of research and practice, *The Endless Web* presents in clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. *The Endless Web* is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

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Customer Reviews

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understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

R. Louis Schultz has been a Rolfer since 1973, and is currently on the Anatomy Faculty of the Rolf Institute in New York City. He has authored numerous scientific articles and is co-editor with Rosemary Feitis of *Remembering Ida Rolf* (North Atlantic Books, 1996). Rosemary Feitis worked with Dr. Rolf on her groundbreaking book *Rolfing*, edited *Rolfing and Physical Reality*, and is co-editor of *Remembering Ida Rolf*. She practices Rolfing and homeopathy and lives in New York City. Illustrator Diana Salles is senior artist at the Museum of Natural History, New York. Photographer Ronald Thompson has been a Rolfer for twenty-five years and is a member of the Anatomy Faculty of the Rolf Institute.

This is a great book on the theory of this little understood body therapy modality. I highly recommend it for therapists and patients too. The fascia infuses virtually every part of the human body with an ability to be both very strong and very pliable and flexible. When it gets traumatized, it can lose some of its qualities causing all manner of suffering in the body. Skillful manipulation of the fascia tissues can help return it to proper condition freeing the body to be more healthy and pain free. There are many techniques in this work ranging from extremely gentle to quite forceful. It takes tremendous skill and sensitivity to know which is appropriate.

I have been teaching massage for over 20 years and I think this is an excellent text. I prefer it to *Anatomy Trains*, although that is also an excellent text. Beginning massage therapists tend to look at the body as muscle and bone, but there are more connections in the body than that. *The Endless Web* looks at fascial binding in a very understandable way, which adds a new and powerful dimension to a massage therapist's work.

I think this book would be wonderful reading for anybody that wants to improve their balance and feeling of good health. The terms are a little new for the average person, but I feel there is so much important information in the book that it would help people understand how interconnected the body is. That would certainly be worth their reading effort.

I could not put this book down. It gave me a deep understanding of connective tissue, fascia, or the

matrix. Which ever your comfortable with. This book broadens the horizons. A must have for all Massage Therapist.

great

Fascinating - looking forward to studying this topic more!

As a personal trainer I was looking for more information on the fascia. This book clearly provided that. Read it cover to cover. Learned alot but I think perhaps its more geared toward those who do bodywork.

If you work with the body in any way.. Trainer, massage therapist, chiro, doctor, etc.. you should read this book.. It's time we stop compartmentalizing everything and realize the body is a system of systems.. this book goes a long way in showing that..

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