

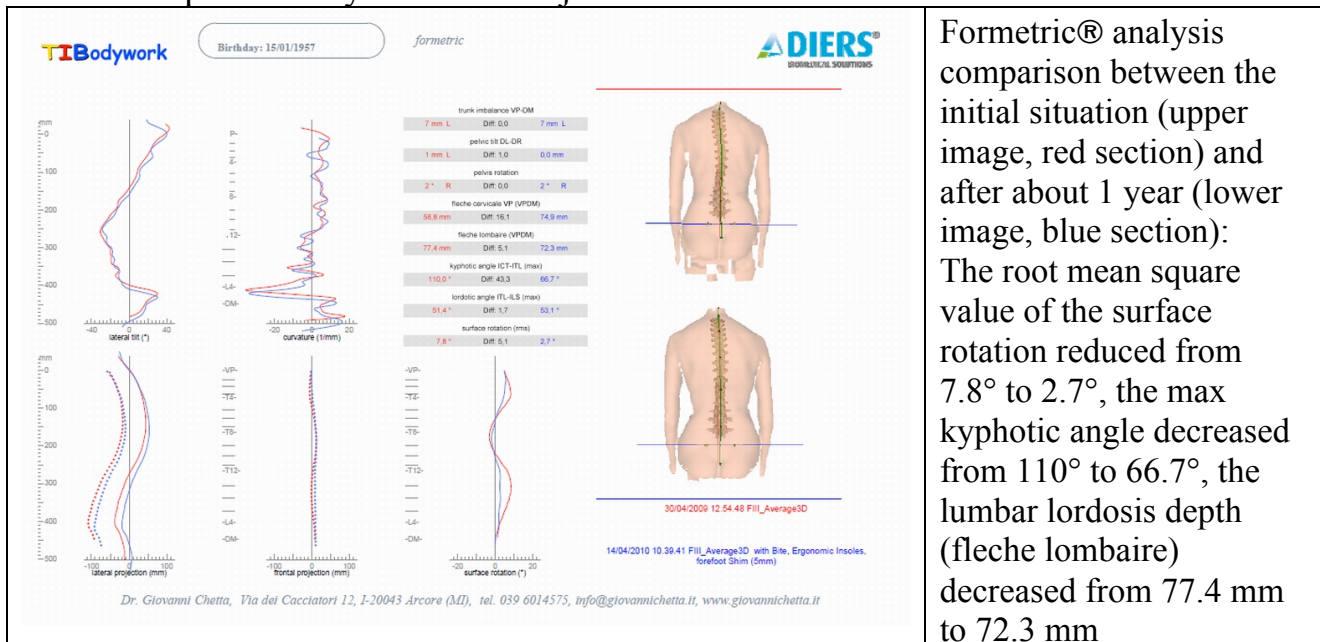
Fascia and posture: integrated approach case study

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BACKGROUND The human biomechanics sees our body behaving as a vortex on the transverse plane⁽¹⁾ and, at the foot, on the frontal one⁽²⁾. Thanks also to the fascia, this interconnected tensegrity structure has allowed the man to move most effectively within the gravitational field⁽¹⁾. As the ultimate cybernetic system, man needs to feel at every moment the environment. Because of the environmental changes "imposed" by the modern society, ergonomics becomes a crucial part of postural re-education.

METHODS Female, age 53, with sharp left headaches (2-3 times/week) for the last 10 years associated with cervicgia and back pain, balance problems and marked changes to the vertebral column (left lumbar-right dorsal convex scoliosis, lumbar hyperlordosis, dorsal hyperkyphosis), pronounced malocclusion. The patient received several treatments in the past (drugs, acupuncture, rolfing etc.), which led to temporary improvements. Our postural re-education program involved: bodywork, postural gymnastic, occlusal splint, customized ergonomic insoles.

RESULTS The symptoms gradually improved in general both structurally and functionally until she was able to resume a normal life. The patient's posture was monitored periodically with both objective and instrumental examinations.



Formetric® analysis comparison between the initial situation (upper image, red section) and after about 1 year (lower image, blue section): The root mean square value of the surface rotation reduced from 7.8° to 2.7°, the max kyphotic angle decreased from 110° to 66.7°, the lumbar lordosis depth (fleche lombaire) decreased from 77.4 mm to 72.3 mm

CONCLUSIONS According to this experimental case study, appears the importance of continuing with the research and experimentation of this integrated method.

REFERENCES

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- (2) Paparella Treccia R. L'uomo e il suo moto. Verduci Ed. 4:83-91, 1988