FULL HOUSE FOR FIFTH INTERNATIONAL FASCIA RESEARCH CONGRESS

More than 1,000 researchers and clinicians gathered for the Fifth International Fascia Research Congress November 14 - 15, 2018 in Berlin. The theme was Connecting Key Issues: How Fascia Research Can Impact Health Outcomes. The program included eight keynote lectures on the latest research on the role of fascia in evolutionary biology (Dan Lieberman, AB, PhD, MPhil), pathophysiology and immunity (Melody Swartz, PhD), spinal biophysics (L'Hocine Yahia, PhD), neuromuscular and motor function (Adamantios Arampatzis, PhD), matrix biology (Carla Stecco), the interstitium (Neil Theise, MD), spinal anatomy (Frank Willard, PhD), and pain and movement control (Paul Hodges, PhD, MedDr, DSc, FACP).

Oral and poster abstract presentations reported the latest scientific news concerning fascia research. Topics covered clinical studies, assessment methods, biomechanical aspects, matrix biology, veterinary aspects, sensory function, sports and movement, anatomy, fascial pathologies, phenomenological and philosophical aspects and, new hypotheses and experimental research methods.

The conference was dedicated to Professor Leon Chaitow, ND, DO, a pioneer in fascia research and important contributor to the Fascia Research Congress. Among many other honors, Professor Chaitow was the lead editor of the Journal of Bodywork and Movement Therapies (JBMT). The JBMT issued a special publication exclusively for the conference, covering research and abstracts from numerous researchers.

The FRC in Berlin introduced several exhibits dedicated to art in the context of fascia research. The first ever fascial plastination exhibit, “Fascia in a New Light,” showcased a dozen fascial specimens including a stepped dissection of the leg, layers of superficial illustrating its intricate structure, and a diaphragm continuous with pericardium. A photo exhibit illustrated fascia from the microscopic level to its role as a body encompassing system. The Congress closed with the ever-popular Fascia Illuminated session highlighting fascia videos and photos.

An important continuing initiative of the Fascia Research Congress is to foster understanding and collaboration among scientists working in fascia research and the various clinical professionals who address fasciae in their work with clients and patients. The next International Fascia Research Congress is scheduled for 2021.

For more information visit www.fasciacongress.org

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