You cannot just treat ‘backs,’ you must treat ‘fronts’ or the treatment of the back won’t last.

- Roland Becker, DO

The glossary of osteopathic terminology defines fascial patterns as: “Systems for classifying and recording the preferred directions of fascial motion throughout the body”.

Anterior Fascial Restrictions
Ross E. Pope, DO, FAAO
Anterior Fascial Patterning

1. The Common Compensatory Pattern
2. The Anatomy Trains
3. The Fascial Chains
4. The Anteriomedial Planes
5. The Bowstring

The Common Compensatory Pattern
J. Gordon Zink

Craniocephalic-Left
Cervicothoracic-Right
Thoracolumbar-Left
Lumbosacral-Right

The Anatomy Trains
Deep Front Line
Thomas Meyers, RPT
The Bowstring
Ligamentous Articular Strain

- Think of the spine as a bow.
- The string of the bow then represents the anterior fascias of the body.
The Anterior Fascias
Continuous from the Skull to Plantar Fascia

From the Skull

Anterior Longitudinal Ligament

Pharyngeal Fascia
Median Raphe

Pharyngeal constrictors
Thyroid gland
Suprahyoid Fascias

Infrahyoid Fascias

Anterior Cervical and Thoracic Fascias

- Scalenes
- Longus Colli
- Pleura
- Mediastinum
- Diaphragm

Fascias of the Mediastinum
Internal Thoracic Fascias

Internal Abdominal Wall Fascias
- Round Lig.
- Falloform Lig.
- Umbilicus
- Median Lig.
- Medial Lig.

Abdominal Cavity Fascias
- Coronary Ligament
- Mesenteric Stalk
- Lessor & Greater Omentum
The Nature of Fascial Restrictions

- Throughout Life we accumulate fascial restrictions.
- The restrictions can slowly tighten and spread like a 3-Dimensional web throughout the body.
- The restrictions can cause pain and affect physiology, posture, and ROM.
Causes of Fascial Restriction

- Structural / Postural Imbalance
- Muscle Imbalances
- Poor Posture
- Physical Trauma
- Surgery (scar tissue)
- Inflammatory Processes & Burns
Muscle Imbalances

- Tight Upper Trapezius & Levator Scapulae
- Inhibited Rhomboids & Serratus Anterior
- Inhibited Neck Flexors
- Tight Pectoralis

Poor Posture

Constrained Postures
Treatment Demonstrations

- Cervicothoracic Column
- Bowstring Column
- Psoas Myofascial Release

These are Fascial Column and Myofascial techniques that follow the anterior fascial chain and are primarily the result of postural asymmetry.

Fascial Columns Techniques

Myofascial techniques developed by Barry Rodgers, DO and Ross Pope, DO. They are used to treat recurrent patterns of deep and superficial fascial restriction that span several spinal segments and may include multiple body cavities/regions.

Transabdominal Column
At the ‘proximal’ and ‘distal’ ends of these myofascial restrictions you find discrete areas of tissue tenderness and tightness, similar to Travell’s trigger points or Chapmans’ neurolymphatic reflex points.

There is a 1-to-1 relationship between the tender points such that slight pressure changes supplied by the fingertips of the examiner at one end of the column will result in directly perceivable tissue texture changes beneath the fingertips of the opposite hand.

Proximal Point
Midline posterior thorax @ 11&12 Ribs.

Distal Point
Contralateral lower abdomen @ Inguinal Lig.

Fascial Column Characteristics

Transabdominal Column

Fascial Column Treatment

Treatment Sequence
- Isolate
- Engage
- Organize
- Reset
Bowstring Column

Proximal Point - Medial Supraclavicular Fossa
Distal Point - Ipsilateral Lower Abdomen