The fascia debate

An observer might wonder at the passion and energy expended in relation to the terminology used in describing fascial structures?

In truth this debate lies at the heart of the recent explosion of interest in the nature and function of fascia, in two distinct areas — basic science research and clinical research and practice. This is therefore largely, but not entirely, a scientist: clinician discussion.

As the Editorial by Dr. Stecco clearly indicates there exists a frustration amongst those involved in purely scientific research at what is seen as an inaccurately confusing use of language.

At its most basic this addresses the question as to what should, and what should not, have the word ‘fascia’ attached to it?

However, it seems that some of the labels that scientists use to differentiate particular layers, features and structures produce confusion for many practitioner/therapists, for whom most of the tissues of the tensional network of the body, are seen to be ‘fascia’.

As noted in several of the responses to Dr Stecco’s editorial, in this section, this is not a new debate — highlighting a need to move towards resolution and agreement on the nomenclature, terminology, language, of fascia.

As some readers will be aware, a detailed comparison of different fascia related terminology was reviewed in JBMT, by Schleip et al (2012), in their paper: What is ‘fascia’? A review of different nomenclatures.

To this end, Dr Langevin’s response, in these pages, calls for an organised response (“a call to action”) in which a consensus is aimed for.

It is worth noting that the responses to Dr Stecco’s Editorial, in this section, are mainly from individuals where the boundaries between ‘scientist’ and ‘clinician/practitioner’ are blurred — where both disciplines (research and practice) co-exist to a greater or lesser degree.

It is hoped that a process that leads towards consensus can start with this section of the journal — which is open to further responses to the discussion in future issues.

Dr Stecco will review all contributions to the debate, and a special pre-conference ”Anatomy Consensus Meeting” will be devoted to this issue (chaired by Dr Stecco) on Thursday 17th September 2015, prior to the 4th Fascia Research Congress, Washington DC (September 18–20). Agreement on nomenclature may be achievable, but even if it is not, the debate should move the discussion forward.

Readers are invited to send their contributions to this discussion, to the editor of JBMT (jbmteditor@mac.com).

Reference


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