Myofascial Length Testing

Practical assessment tools for the myofascial therapist

Volume 1

Superficial Flexor Fascia
Superficial Extensor Fascia
Lateral Fascia

Addendum includes: Gracillis, Sartorius, Vastus lateralis & Vastus medialis

Donna F Bajelis, PT SMS CHP
Ivan Duben, BCSI SMS

Contents

Acknowledgements

Course material

Donna F Bajelis, PT, SMS, CHP
Founder and Director
Institute of Structural Medicine
www.structuralmedicine.com

Composition

Ivan Duben BCSI, SMS, Faculty teacher (ISM)
www.ivanduben.com

Assistant editor

Maclain Freeman , CHP, SMS

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Photography

James Dittiger
www.jamesdittiger.com

Models

Ivan Duben
Judy Chambers

Contact info and course presentation

Ivan Duben
3680 Trinity Street
Vancouver, BC
V5K 1G6
Canada
Tel 604.240.2444
ivanduben@telus.net

Donna F Bajelis, PT, SMS, CHP
103 Ross Road
Twisp, WA 98856
USA
Cell 206.713.9758
donnabajelis@gmail.com

Introduction

The following text is the results of decades of dedication to the blending of Physical Therapy and Structural Integration. It was born out of the necessity to better understand the characteristics of the human fascial web that embodies us all.

It was developed by Donna F. Bajelis PT, SMS and is part of the curriculum at the Institute of Structural Medicine where she currently resides as director.

The tests themselves are ingenious in that they help systematically break down the often-complex myofascial meridians and lines. Now fascial therapists can discover exactly which part of which line requires myofascial release the most. Now we have a choice as to how to best approach each fascial segment by positioning it either on slack or under tension during treatment to optimize treatment effects. Then we re-test to see the results of the treatment.

Aside from manual therapists, movement specialists can use these tests to better understand how fascial tension affects posture and how biomechanical disadvantages can be hidden in gravity. Often strength training a hypertonic muscle can have limited effect if the muscle is bound in its own fascia. It may show up as a weak muscle. These tests are not an answer for chronic pain but they can begin to point us in the right direction of treatment.

More importantly, the tests should always be used with the big picture in mind. In this case the big picture is the tensegrity model of the human fascial web. We cannot treat a single segment of fascia without it somehow impacting the entire fascial system. Now we can explore how fascial work impacts range of motion by testing before and after treatments. Now we can measure the results in a reproducible manner and monitor the progress of our patients.

This text is for the scientist and the artist in all of us.

Welcome to the world of myofascial length testing!

Thank you, on behalf of all of us at the Institute of Structural Medicine.

Donna F. Bajelis

Superficial Flexor Fascia

Figure 1 SFL

Myofascial Structures

1. *Sternocleidomastoid*
2. *Sternalis*
3. *Rectus Abdominus*
4. *Rectus Femoris*
5. *Tibialis anterior*
6. *Extensor hallucis longus*
7. *Extensor digitorum*