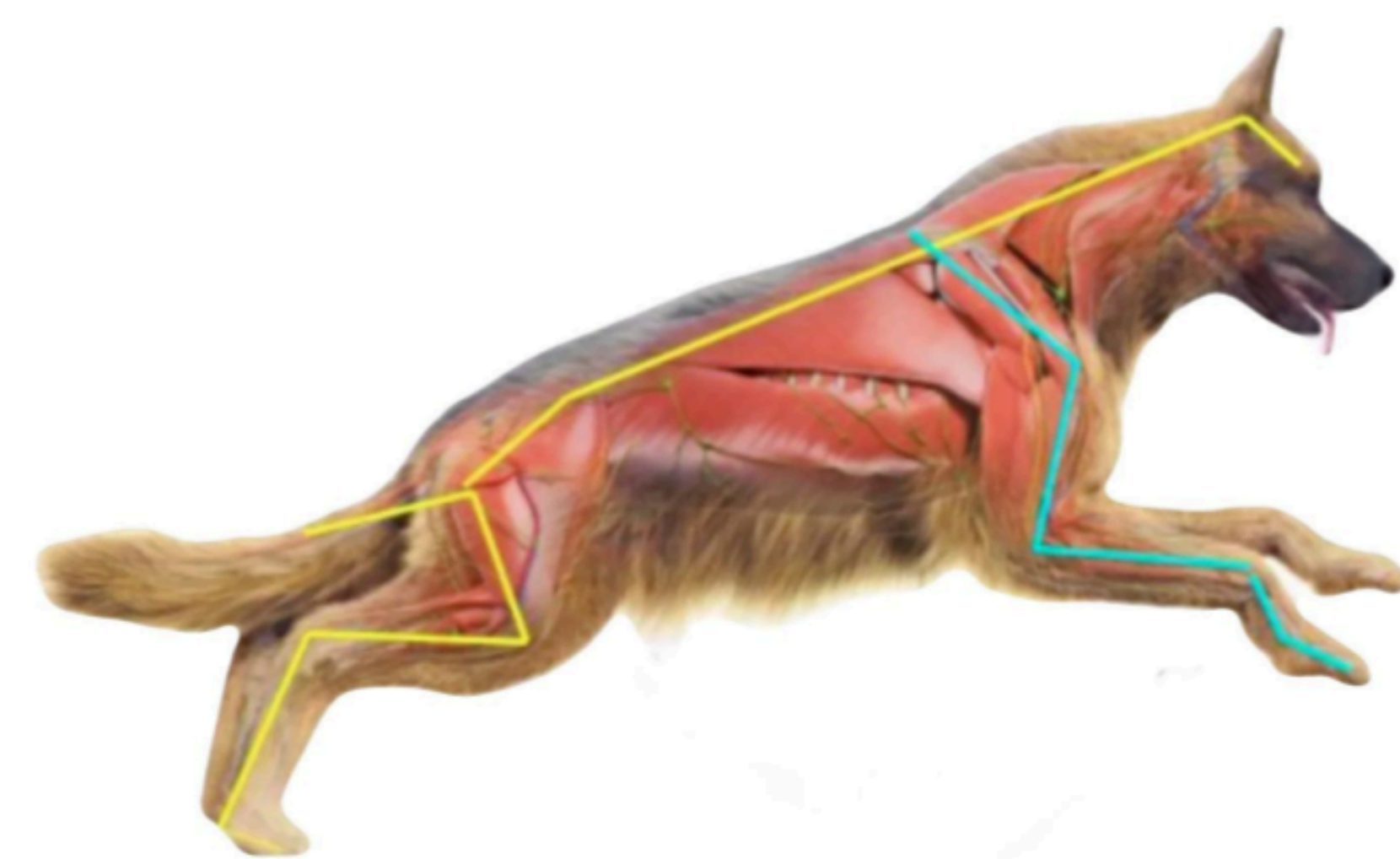
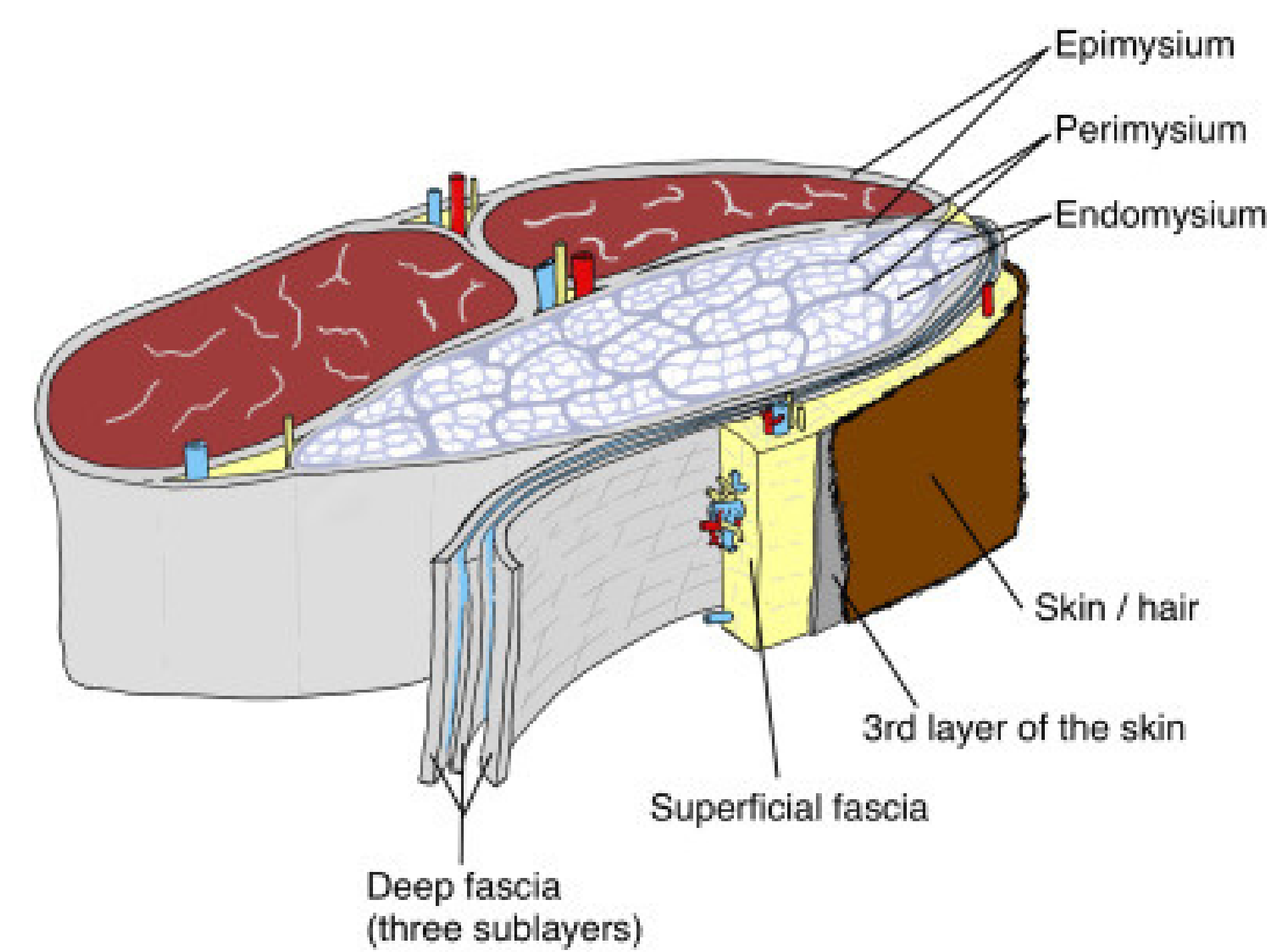
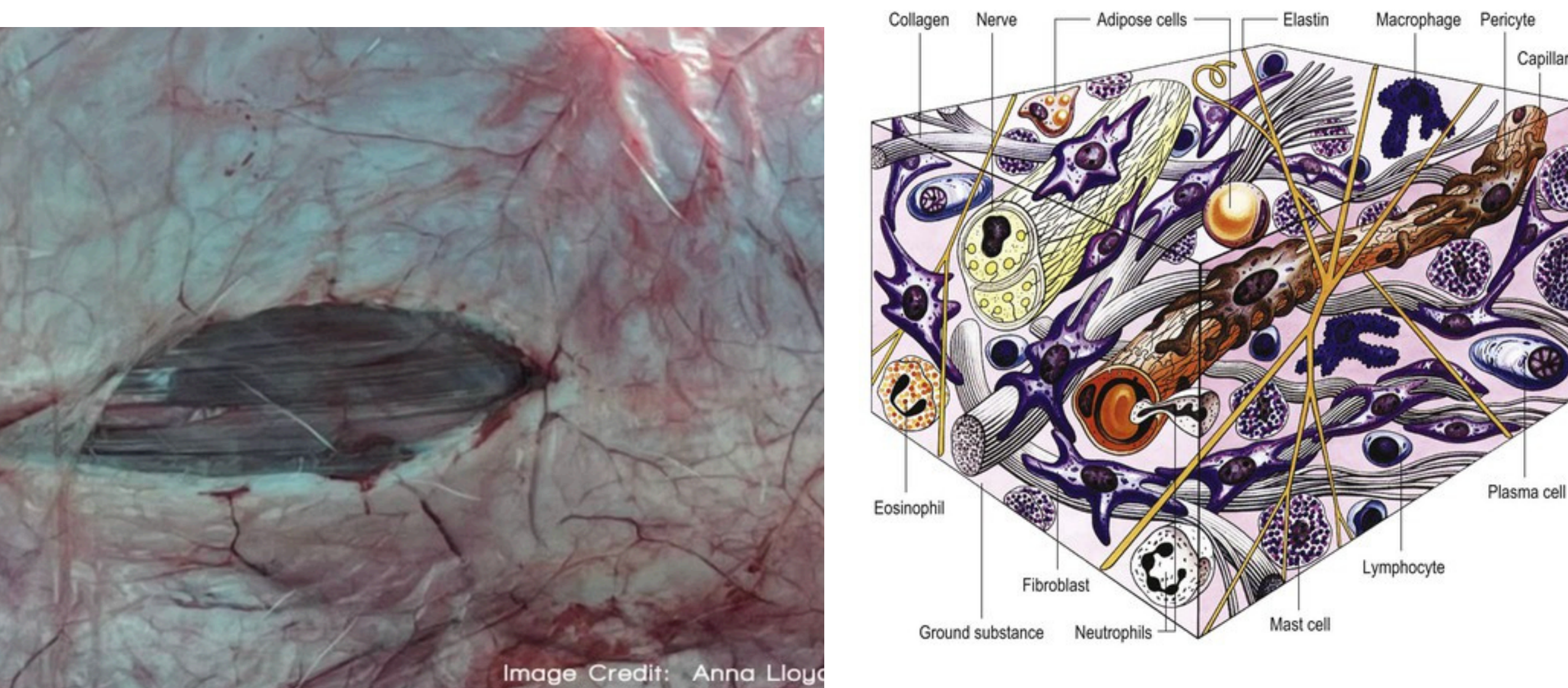


CANINE FASCIA

Fascia is the complex 3D web of connective tissue that supports, surrounds, and separates different tissue, and glides across tissues to help movement.

What is Fascia?

Fascia is connective tissue, made from the protein collagen, along with elastin fibers and a gel-like ground substance. This intricate, three-dimensional matrix includes specialized cells like fibroblasts and contains various other substances that provide structure, support, and connections for muscles, organs, and other tissues throughout the body. The collagen fibres can be arranged in different patterns, in different types of fascia.

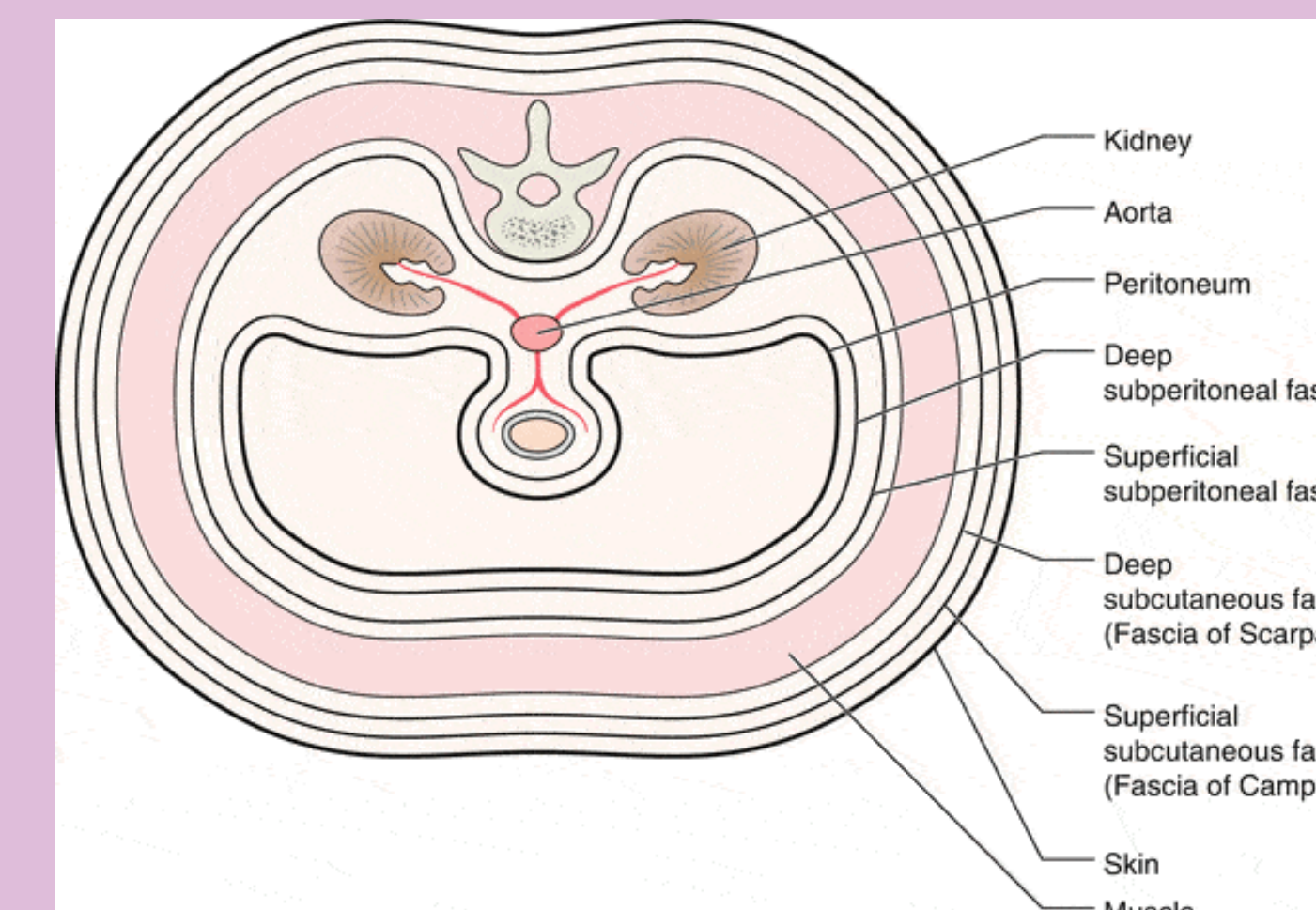
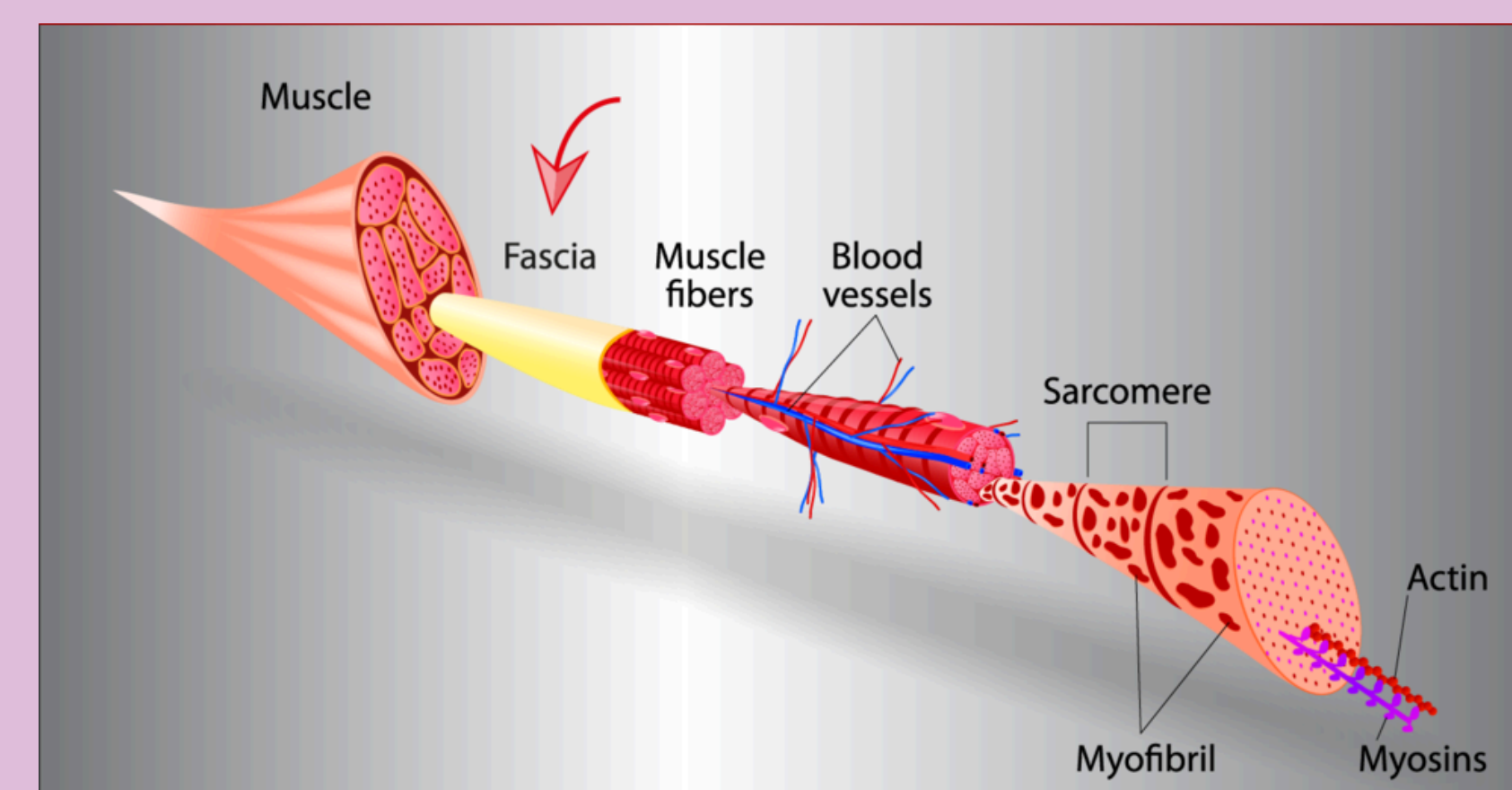


Different types of fascia

Superficial Fascia: This fascia separates the skin, and the underlying muscles and organs. It covers the entire body.

Profound or deep fascia. This connective tissue has a range of different types of connective tissue (collagen) and supports and shapes organs and cavities within the body.

Visceral / Parietal fascia. This surrounds organs, or body cavities.



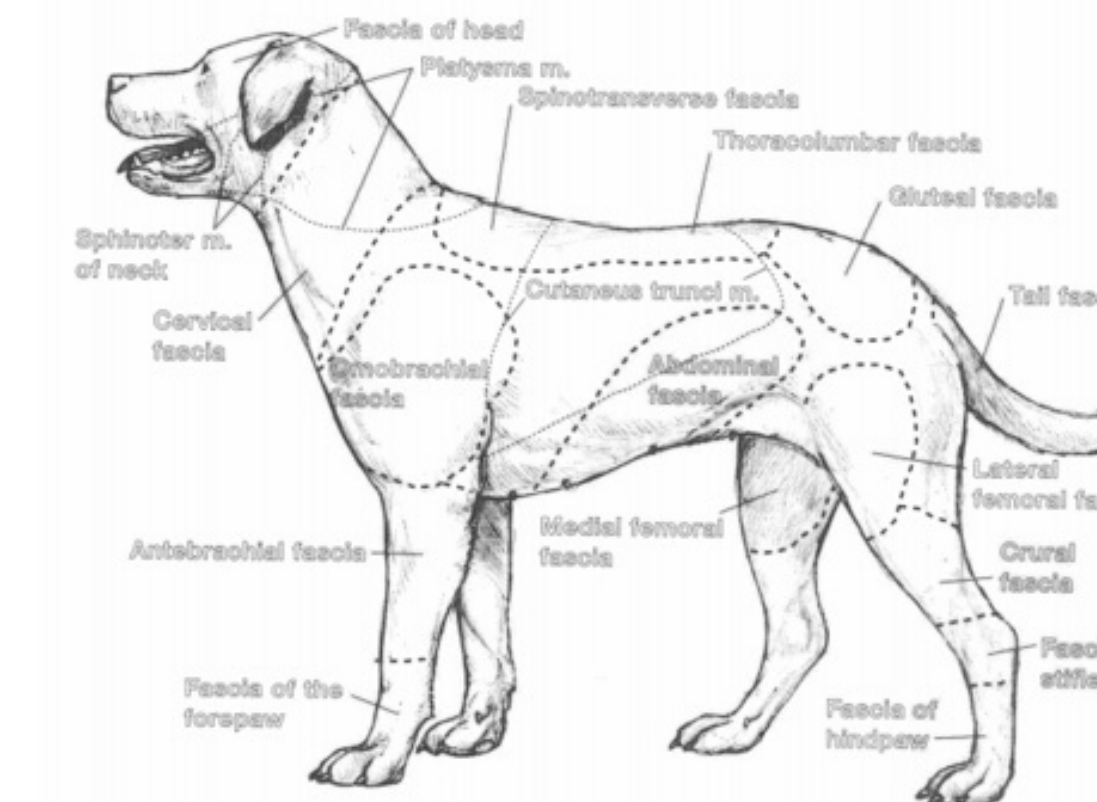
Functions

There are different types of fascia, and the composition and arrangement of the fascia can relate to its function.

- In some places the fascia provides support, structure and protection
- Movement: fascia is designed to slide across other tissues. So fascia contributes to movement, particularly within the muscles where different sections of the muscle are enclosed in different fascial pockets.
- Sensory input and proprioception: There are a number of sensory receptors within fascia providing invaluable sensory and proprioceptive input.

Regional areas of fascia

Because muscles, and muscle groups are encased in fascia there are patterns to where fascia is and its alignment. Thicker areas provide stability, structure and support, thinner areas allow gliding movements.



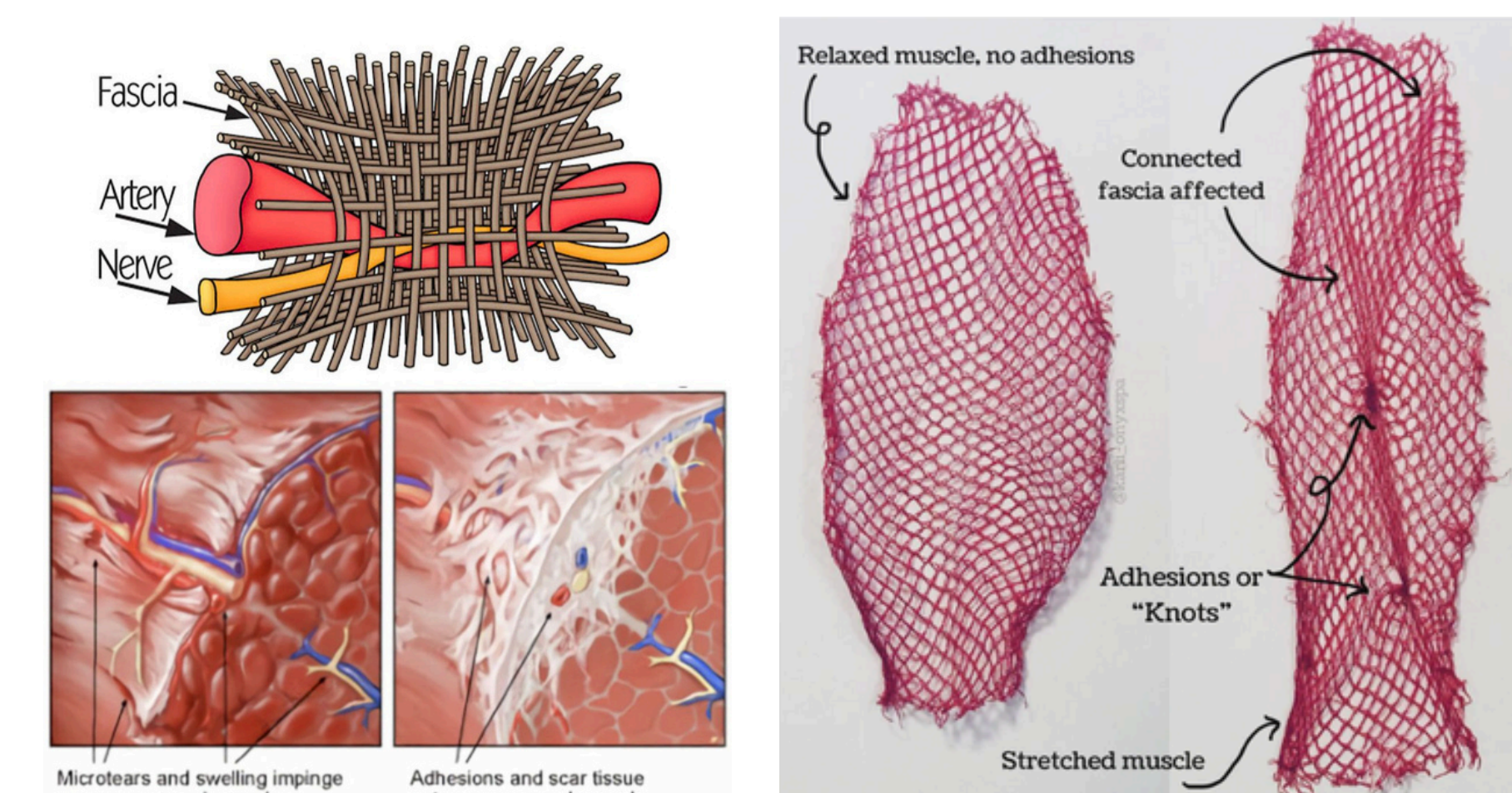
Importance of fascia in movement

Myo = muscle, fascial = fascia. The myofascial network means that chains of muscles are linked together with fascia. The fascia not only creates a functional chain within the related muscles relating to movement, but the fascia itself stores and moves energy that relates to movement.

Fascia dysfunction

Common issues that can occur in fascia includes trauma, scars, adhesions. When this occurs the fascia can be tighter, or stuck to other tissues.

These can create restriction to movement, pain, and compensation in other areas of the dog's body.



Canine Myofascial Kinetic lines

Myofascial kinetic lines are interconnected fascia that run in patterns across the canine body, and work to assist kinetic movement patterns. Similarly to horses, dogs have three superficial kinetic lines (dorsal, ventral and lateral) moving from the hindlimbs and end at the head. There are three deeper lines along the spinal fascia. Two helical lines cross the midline to help rotate the spine. There are lines crossing from the axilla to ipsilateral tarsus, and front limb lines to help protract and retract, and abduct and adduct.

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