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Newsletter Juni 2012 Fascia News (ENG)



FASCIA NEWS

A sporadic info letter of the Fascia Research Group at Ulm University (Germany)

Dear Colleagues

In case you receive this info letter for the first time, it is because you participated in one of our courses in the past or expressed interest in one of our products. We plan to send us these FASCIA NEWS between 1 and 4 times per year only, with latest news concerning fascia. In case you are not interested in this, you can simply respond to this email with the word 'UNSUBSCRIBE' in the text. Additionally can also unsubscribe at the end of this info letter.

Highlights from the recent Fascia Research Congress

The 3rd international Fascia Research Congress (Vancouver 28.-30.3.12) was booked out long before and **800 participants** from more than 40 countries participated in the presentation and discussion of latest research findings. One of the new keynote presenters was Gerald Pollack (Univ. Washington), who described the difference between 'bulk water' in the body (like in blood, lymph, edema) as opposed to '**bound water**', which is found in zones adjacent to hydrophilic substances (like collagen or hyaluronan) or hydrophobic substances (like elastin).

In a healthy tissue apparently the majority of water molecules are in a bound state, due to the 'fern-like' architecture of the proteoglycans in the extracellular matrix. This more 'structured water' then tends to behave like a **liquid crystal**, with very different viscoelastic properties than bulk water. There are some plausible indications (but no proof) that myofascial massage and movement therapies tend to increase the liquid crystal like proportion of water in the tissue.

