



Book Review

Mobilizing the Myofascial System: A clinical guide to assessment and treatment of myofascial dysfunctions, Doreen Killens. Handspring Publishing, (October 2018). ISBN 978-1-909141-90-2, ISBN (Kindle eBook) 978-1-909141-91-9

This book offers both students and qualified practitioners a refreshing look at the day to day clinical application of myofascial techniques. The author is an experienced orthopaedic physiotherapist who encourages the reader throughout to consider the myofascial system from a global perspective and to think outside the box.

It is well structured with clear subheadings in each chapter allowing the reader to dip in and out with ease. Illustrations are abundant and clear, although more robust illustrations showing relevant fascial anatomy could have been included. The book is consistently referenced throughout but a reference list at the end of each section would have added convenience.

The book is divided into three main sections:

- Understanding fascia
- MMS techniques for fascia
- Optimizing treatment

Section one offers an introduction to those not familiar with current research and clinical anatomy associated with the myofascial system. It also offers both experienced and novice practitioners an intriguing look into the author's own experience of fascial assessment. The author uses common clinical situations to apply their integrated style of assessment in a relatable and easy to follow manner. I did find chapter two to be possibly not essential for some, as it mainly focuses on summarizing Tom Myers "Anatomy Trains" without offering readers, already familiar with this work, something unique.

The second section is where the book really comes into its own, with

intuitive and well-considered techniques applicable to a wide range of patients and clinical scenarios. Each chapter follows a consistent pattern of introducing an area, indications for treatment, testing/analysis, and principles of treatment. This consistency makes for easy navigation and encourages familiarity with the flow of the text through each chapter. The case reports liberally spread throughout are a welcomed addition, focusing on real situations the author has encountered instead of the generic case scenarios found in some texts. Chapter seven on "dural mobility" and the relationship between the cranium and pelvic floor includes an interesting addition to those familiar with the craniosacral approach to treatment. Readers not comfortable with this approach may find the focus of this chapter challenging.

The final section includes two chapters. One looking at yoga and fascial lines, and another on encouraging the "optimal therapeutic environment". Although this chapter is short and may benefit from a stronger evidence base, it is a valuable addition to the book and really brings out the authors global approach. Included within this chapter is a wide range of tips from nutritional advice to creating the optimal treatment environment. It also presents a relatable commentary from the author "things I wish I knew as a young therapist" which I found to be informative and enlightening.

Overall, this is a well structured and interesting book on the myofascial system. It has easy to follow illustrations, and well-considered principles of practice, assessment, and treatment. A few minor points that future editions may benefit from are reference lists at the end of each section, and additional clinical anatomy illustrations.

However, my favorite aspect of this book is the personal touch the author adds throughout, using their own journey and clinical experiences to guide and inform the reader. Whether you are a student or experienced practitioner, this book will help to guide you through the intricacies of assessment and treatment of the myofascial system.

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