

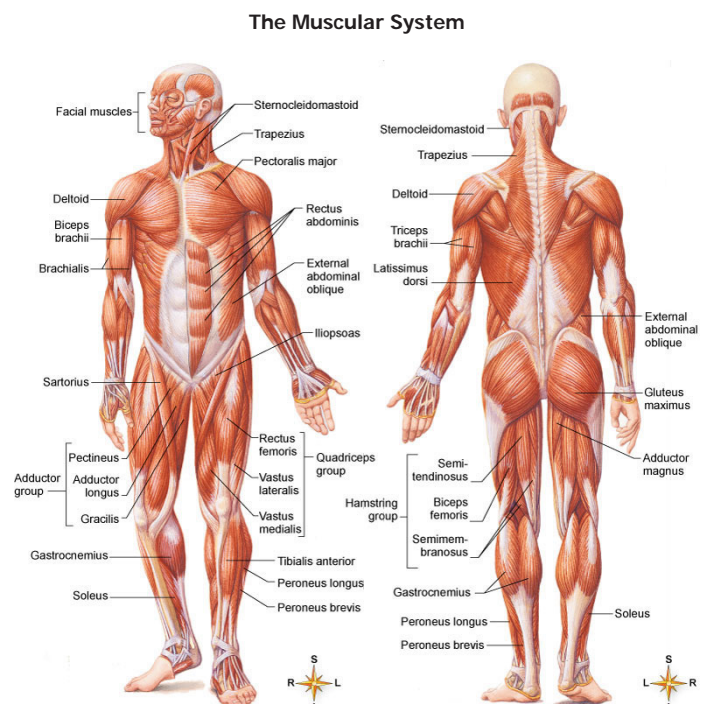
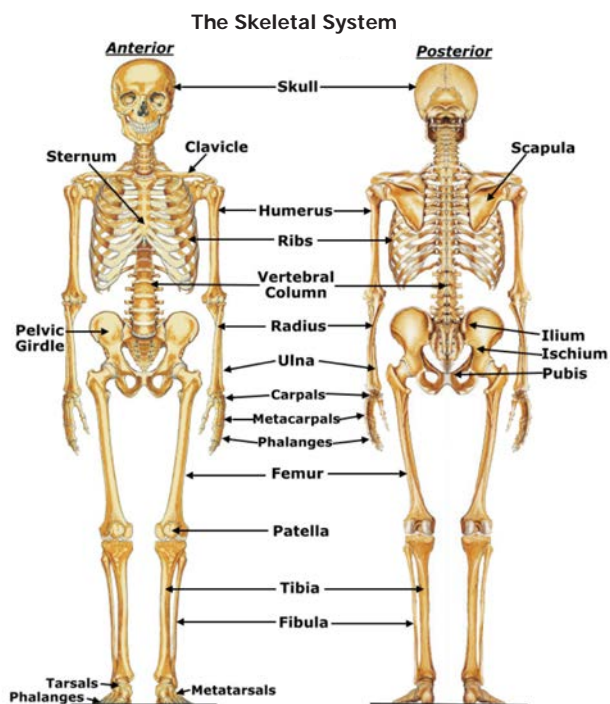
Sterling Structural Therapy

Intelligent Movement Profound Results

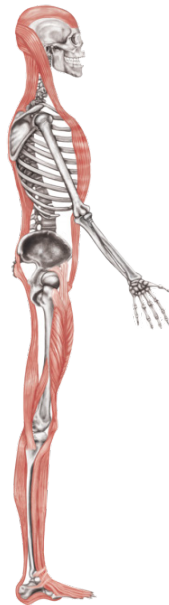
UNDERSTANDING FASCIA

At Sterling Structural Therapy, we use a unique fascia-based therapeutic method, based on new scientific discoveries in fascia research, which are changing our view of human anatomy and therefore our approach and treatment of orthopedic and chronic pain conditions.

TO BETTER UNDERSTAND WHAT FASCIA IS, LOOK AT TWO ANATOMICAL SYSTEMS WE ALL UNDERSTAND.

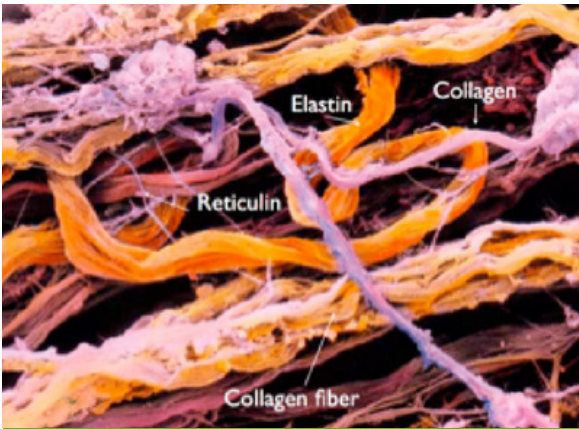


There is however a **third system**, the **Fascia System**, which connects the skeletal system to the muscular system. This is why we also refer to fascia as connective tissue.



Fascia Magnified x 25

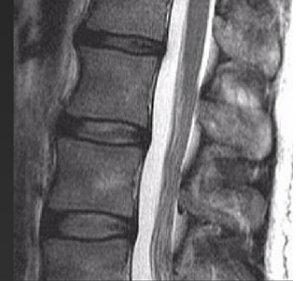
“Fascia is the biological fabric that holds the human body together, the connective tissue network. Your body is made up of about 70 trillion cells—neurons, muscle cells, epithelia—all humming in relative harmony. The fascia is the 3-D spider web of fibrous, gluey proteins that binds those cells all together in their proper placement.”
(Anatomy Trains, Thomas Myers)



Fascia Components

Fascia has been relatively ignored. For literally hundreds of years of anatomical dissection, fascia has simply been cut out and thrown into the waste bin. To add to the confusion, fascia does NOT show up in MRIs, CT scans or X-rays.

Did you know
your MRI can
be misleading?



If you take people without back pain and put them through a CT scan or MRI, you get some surprising results.

37% of 20 year olds
80% of 50 year olds
96% of 80 year olds
Have "disc degeneration"

30% of 20 year olds
60% of 50 year olds
84% of 80 year olds
Have "disc bulging"

We can now start to understand why chronic pain conditions, which use diagnostics such as imaging may not have the full picture, which goes a long way towards explaining why some chronic pain will just not go away for even decades or years even though the musculoskeletal system is addressed/treated.

This information in no way invalidates musculoskeletal involvement MRIs or X-rays. This new information simply gives us a missing piece of the chronic pain puzzle. It gives us a big-picture approach helping quite literally to connect the dots.

 **Sterling
Structural Therapy**
Intelligent Movement Profound Results

At **Sterling Structural Therapy**, we are committed to giving you the tools, knowledge and support to help you transform your fascia and get you back to the healthy active lifestyle you deserve!