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FASCIAL MANIPULATION®

Practical Part • Second Level

Second edition

Foreword by
LING GUAN



New "FM APP"
available!



PICCIN

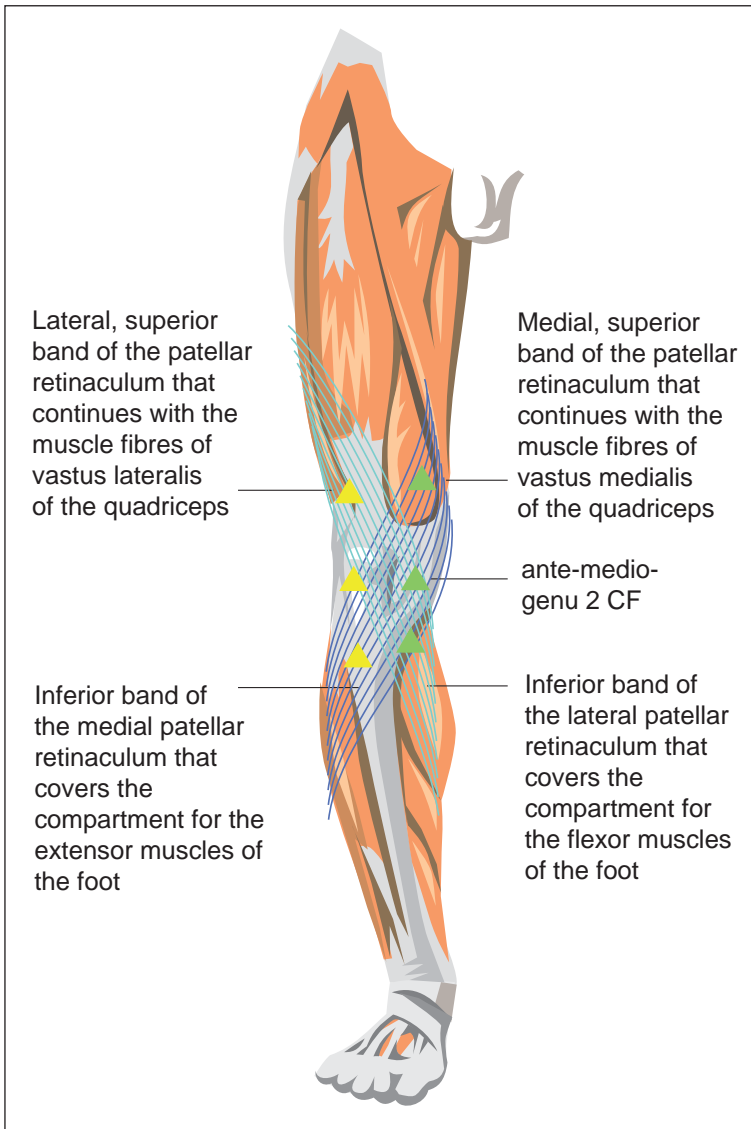


Fig. 2.87. Anatomical location of an-me-ge 2 CF.

The an-me-ge CF are located on the medial patellar retinaculum, which is in direct continuity with the muscle fibres of the vastus medialis and the tendinous expansions of sartorius.

The an-la-ge CF are located on the lateral patellar retinaculum, which is in direct continuity with the muscle fibres of vastus lateralis and the anterior expansion of the iliotibial tract.

(See also Fig. 3.75)



Fig. 2.88. Palpation verification and treatment of the an-me-ge 2 CF.

Patient supine.

The therapist explores the fascial structures along medial rim of the joint: medial collateral ligament, patellar retinaculum and joint capsule. These structures may have become fibrotic due to direct trauma or immobilisation (LV 8).

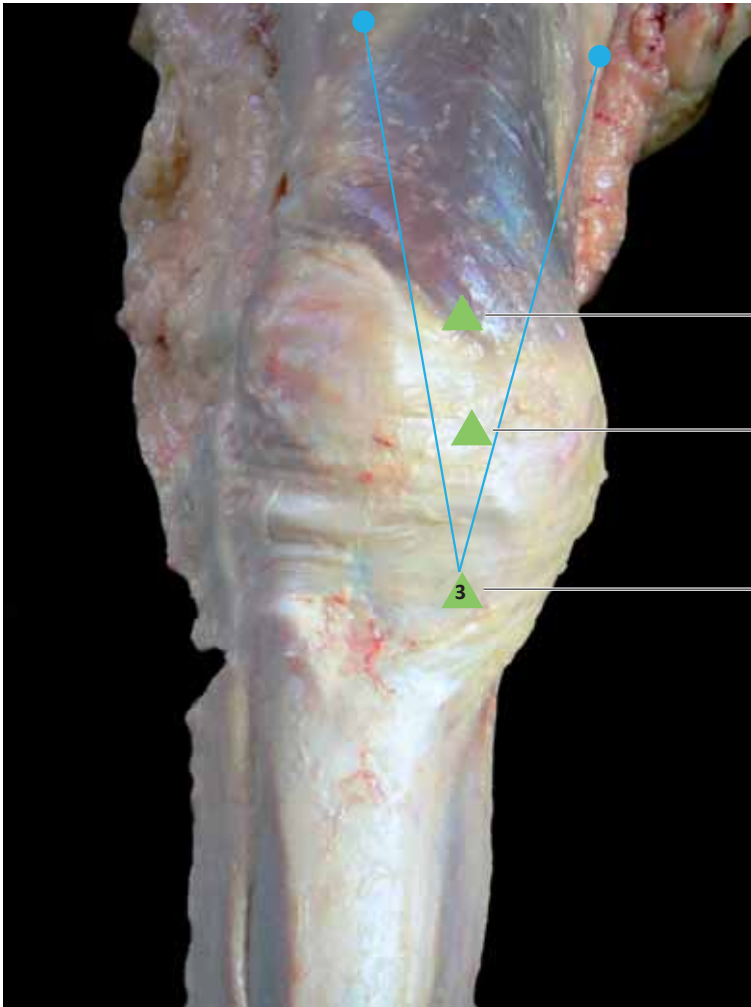


Fig. 2.89. Anatomical location of the an-me-ge 3 CF.

an-me-ge 1 CF

an-me-ge 2 CF

an-me-ge 3 CF is located between the tendons that form the pes anserinus: sartorius (ir-ge), gracilis (me-ge) and the patellar retinaculum (an-ge)



Fig. 2.90. Palpation verification and treatment of the an-me-ge 3 CF.

Patient supine.

The therapist uses their fingertips to identify any thickened fibres of the pes anserinus tendons that would be unsuitable for stimulating the Golgi tendon organs. Once these thickened fibres have been identified, they can be manipulated with the knuckle of the index finger (SP 8-9).