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When the fascial covering of the muscle is thickened, the subclavius is immobilized between the two bones." (The Endless Web: Fascial Anatomy and Physical Reality by R. Louis Schultz PhD and Rosemary Feitis, DO, 1996, p. 73)

Fascia: The Endless Web - Health Positive

Myofascia is a flexible network of tissue that surrounds, cushions and supports muscles, bones and organs. It also acts as a "riverbed" containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems, thus it is an underlying determinant of movement quality, mood, alertness and general well-being.

Fascia: The Endless Web - Integrative Healthcare

The Endless Web is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

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