



NOV/DEC 2024

Anatomy

FOR TOUCH

Digital Extra!

Feeling Anatomy

By Rachelle Clauson & Nicole Trombley
Massage & Bodywork Magazine Digital Extra

ANATOMY OF A PILLOW TOP HUMAN?

*Learning to recognize what lies beneath
the surface.*

FEELING Anatomy

*Tissue density, texture, and
organization help us recognize anatomy.*

FEELING in 3D

*Images that help us understand our
3D architecture.*



At *Anatomy*SCAPES™ our mission is to offer you better access to relevant, research-backed anatomy education with more *real* anatomy visual content, and frankly. . .more FUN than you ever had in A&P.

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with our thanks

The images from the anatomy lab would not have been possible without the gracious gifts of the donors and their families to whom we are deeply grateful.

- *Rachelle and Nicole*



ABOUT

AnatomySCAPES™



Anatomy explorations for Bodyworkers

Dear Anatomy Lover,

We're so excited to collaborate on AnatomySCAPES together and share this work with YOU. We want more bodyworkers and movers to have access to both the anatomy lab *and* the latest research on fascia.

For us personally, studying anatomy — and fascial anatomy in particular — has taken our understanding of the human body so much deeper. And more importantly to us as bodyworkers, our touch skills have been taken to the next level. And our clients have noticed.

The anatomy lab has been the domain of a select few for centuries. That is shifting. And we get to be part of a generation that is changing who gets to do anatomy. We're committed to creating online and in lab educational opportunities that make this work more available. We hope you'll join us!

Love,
Rachelle & Nicole

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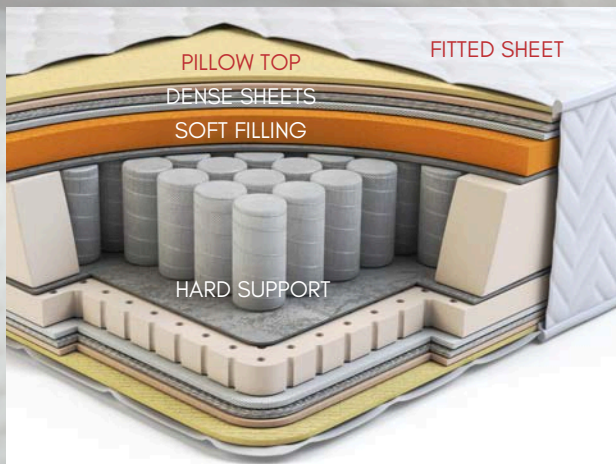
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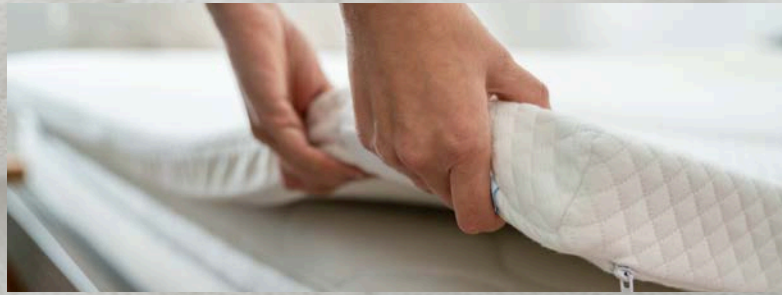
Anatomy of a Pillow Top *Human?*

Learning to recognize what lies beneath the surface.

Feeling planes of tissues and anatomical structures during a massage is kind of like trying to distinguish parts of a pillow top mattress. Not easy to do! But maybe a little bit easier if you can know what exactly is in there, what qualities to look for, and how the elements are arranged.



The planes of tissue we can feel in the body (from surface to deep) can be compared to a mattress in the following way: adipose pillow top, deep fascia dense sheets, muscle soft filling, and bone hard support.



SKIN
Fitted Sheet



ADIPOSE
Pillow Top



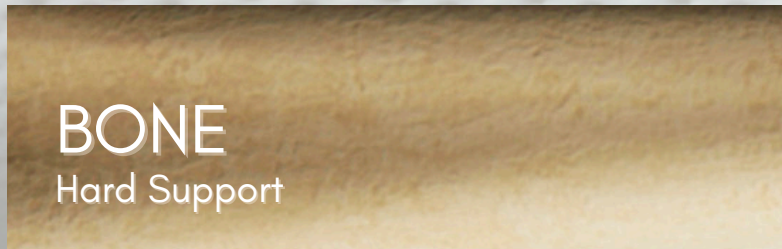
DEEP FASCIA
Dense Sheets



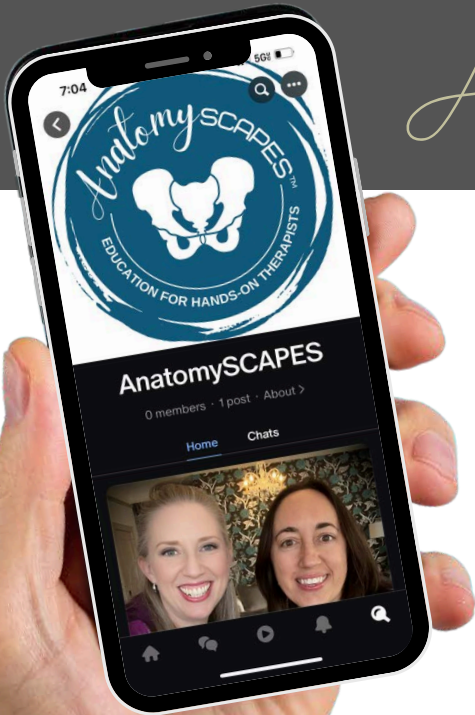
MUSCLE
Soft Filling



BONE
Hard Support



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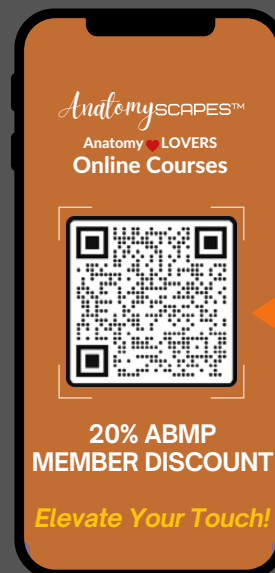
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Feeling Anatomy

TISSUE QUALITIES OUR HANDS CAN FEEL HELP US RECOGNIZE ANATOMY. Through our touch we compare the physical characteristics of structures and tissues — perceiving their **density**, **texture** and **organization**.



TEXTURE

DENSITY

ORGANIZATION

Tissue Texture

FEELING PATTERN VARIATION



When you touch with intent to perceive the tissues that lie beneath the surface, you meet a world of **TEXTURE** in the form of squishy lobules of adipose (1), smooth sheets of deep fascia (2), linear fibers of muscles (3), ropey ribbons of tendons (4), thin tubes of veins and arteries, long threads of nerves, and lumps, bumps and ridges of bones. Being able to feel these tissues independently as well as how they fit together in the whole, improves the precision of your touch . . . and your clients will feel it too!

1.



2.



3.



4.



THE ABMP PODCAST

EPIISODE 439

FEELING Anatomy

YOUR PRACTICE IN 3D - PART 2

The more clearly we feel our clients' anatomy, the more they can feel too.

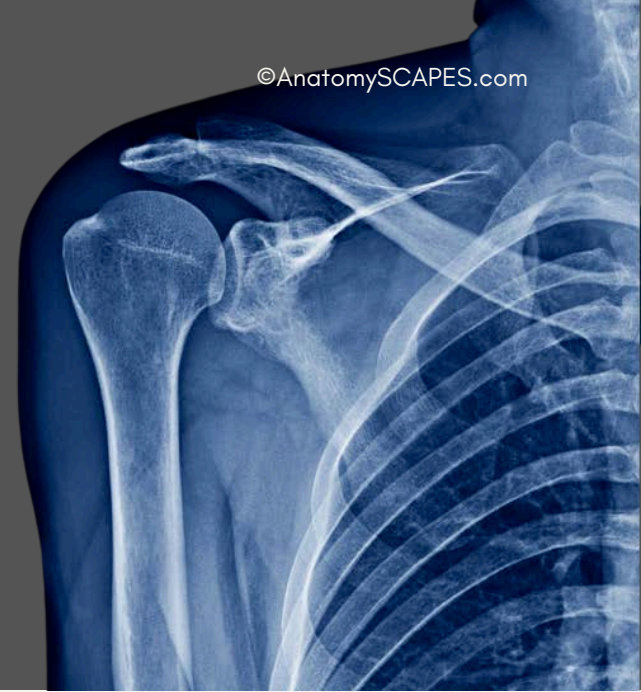


with

**Rachelle Clauson &
Nicole Trombley**

Tissue Density

SOFT, HARD, OR COMPLIANT



Tissue **DENSITY** refers to how tightly or loosely the components (cells, gels, & fibers) of tissues are packed together. Medical x-rays create familiar pictures of varying tissue density. The most dense tissue (bone) appears white, while other soft tissues, such as fat, muscles, tendons, and ligaments, are less dense and appear as varying shades of gray.

When we learn to palpate, we rely heavily on feeling density to help us map out what we perceive with our hands. Dense, bony landmarks are important signposts for us as we navigate our clients' tissues, but we can distinguish density beyond just hard bone. Muscle is less dense than bone, and adipose tissue is more loosely arranged than muscle.

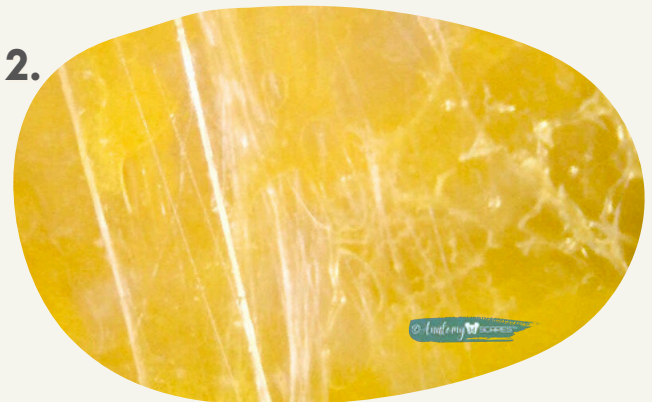
Even finer still, we may be able to distinguish more tightly packed collagen where a scar has formed (1) versus uninjured tissue with its natural collagen organization (2).

Densely packed collagen fibers form scar tissue at the site of a c-section incision in the abdomen within the subcutaneous fat, magnified 50x (1). Thin, more loosely arranged, white collagen fibers of healthy tissue demonstrating their ability to adapt to movement and stretch, magnified 50x (2).

1.



2.

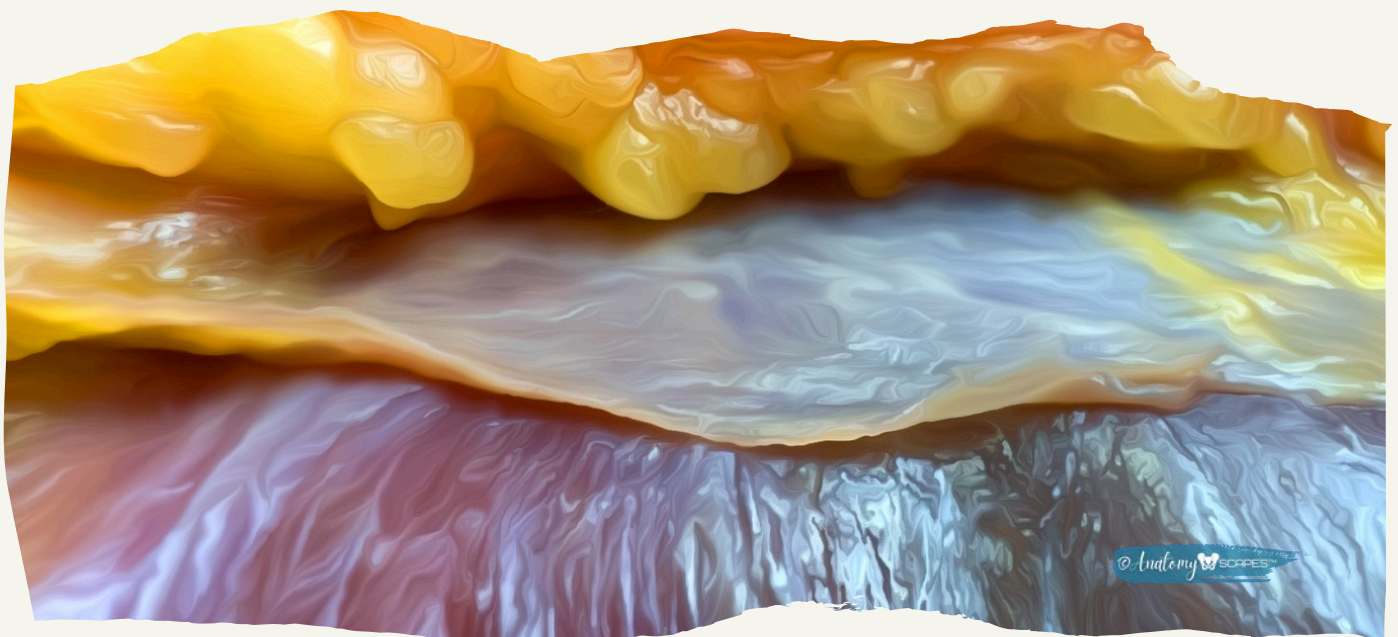




Tissue Organization

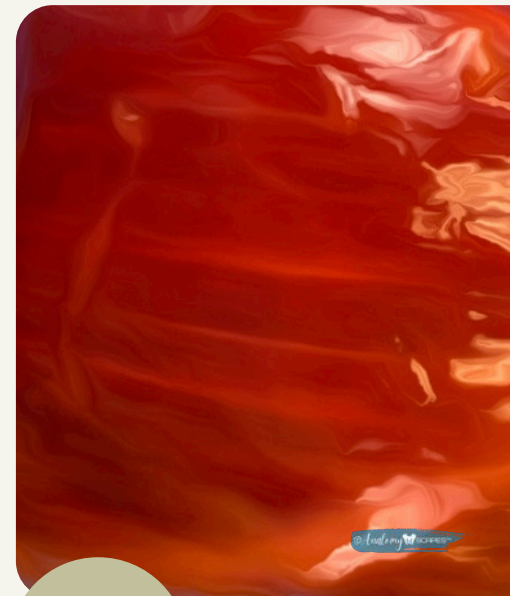
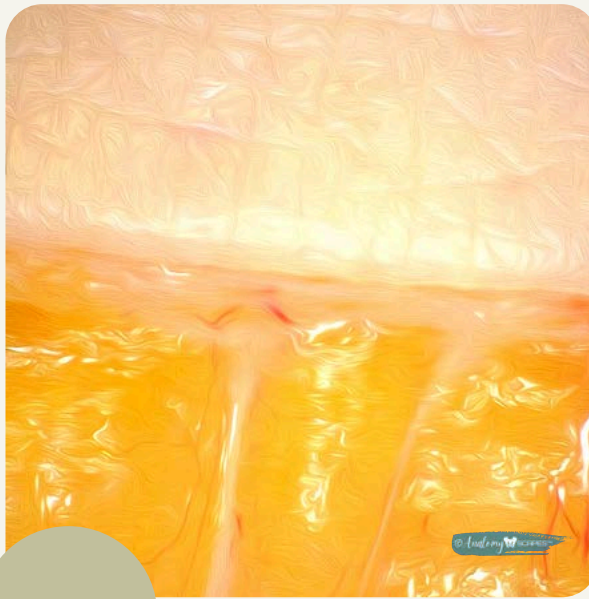
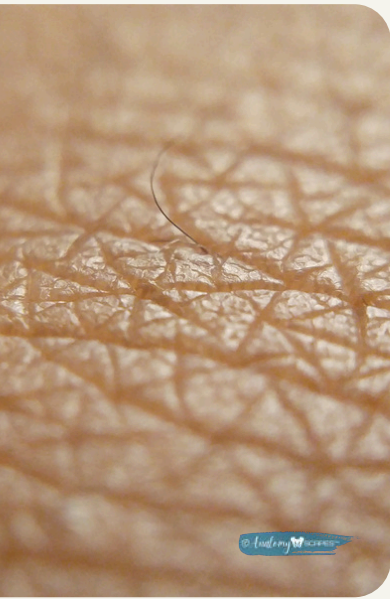
ARCHITECTURE AND RELATIONSHIPS

The body is fairly consistent in how tissue planes are organized. Variations exist, but the primary **TISSUE ORGANIZATION** is the same on everyone. Knowing how tissues are organized and what each tissue feels like including skin, subcutis, connective tissue, fascia, and all the lesser thought about structures, changes the way we interact with them. Our touch becomes more specific, our intention becomes more clear, and we have a better ability to know where we are in the layers and to perceive when things have changed.



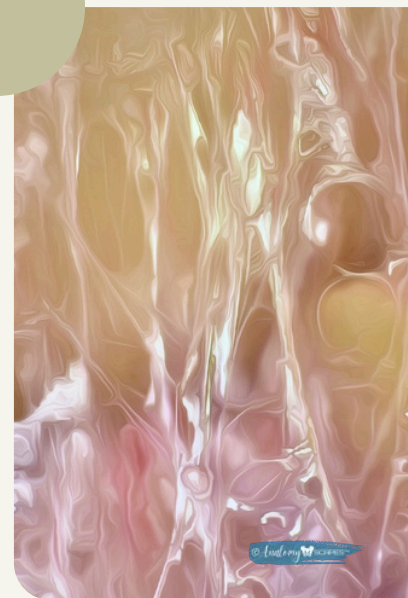
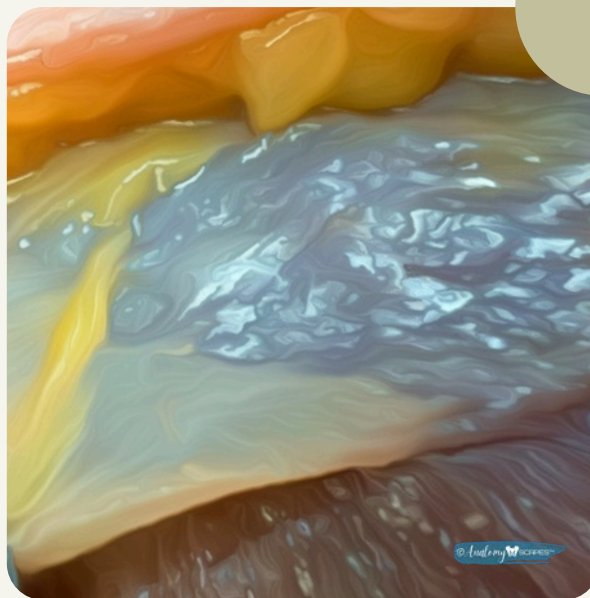
A cross-section of the upper arm. Planes of tissue possessing differing densities and textures seen here are organized from surface to deep in the same order on everyone: skin, subcutis, brachial fascia (deep fascia of the arm), and epimysium of the biceps brachii muscle.

Feeling in 3D



IMAGES FROM THE LAB

In the dissection lab tissue planes are differentiated and reflected which allows you to see and feel them in isolation. This helps you distinguish between tissues in your client's body too. You can perceive tissues better based on their density, texture, and organization. Thinking about tissue qualities raises your awareness. And awareness changes everything. You begin to feel more ... and so will your clients.





from the authors

Congratulations on going on an adventure in human anatomy! We are thrilled to be a part of your education and learning process.

Here at AnatomySCAPES, we are dedicated to providing you with resources that will make your learning and understanding of human anatomy a rich and stress free experience. That's why we have plenty of amazing images and colorful writing to ensure that

your journey is as informed and exciting as possible! We have created the educational materials we wish we had when we began our journey. Welcome!

*Nicole &
Rachelle*

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