

Fascia, Muscles and the Lymph System

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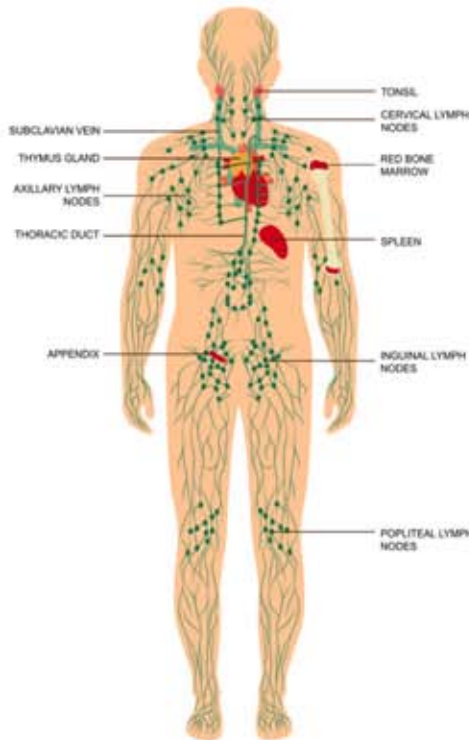
We are starting to hear more about Fascia and how it works with the muscles in our bodies. But Fascia also plays an important role with our Lymph System.

The majority of our Lymph System lives in the Superficial Fascia right under the skin. While another part of it lies deep in the abdominals.

The lymphatic system is a network of tubes throughout the body that drains fluid (called lymph) from tissues and empties it back into the bloodstream. The main roles of the lymphatic system include managing the fluid levels in the body and filtering out bacteria with white blood cells called *lymphocytes*. It also interacts with the cardiovascular system (blood circulatory system) to drain fluid from cells and tissues working together to make sure your body's tissues can get what they need and get rid of what they don't need.

Lymphocytes are concentrated in the lymph nodes which are small, kidney-shaped organs that work as filters to fight against foreign invasion by bacteria, viruses, cancer cells or toxins. The lymphocytes also help control the immune response and originate from stem cells in the bone marrow.

Lymph vessels route lymph fluid through the Lymph nodes which are located throughout the body but the largest groupings are found in the neck, armpits, and groin areas. The thymus, spleen and appendix are also lymphoid organs of the immune system as well as the tonsils which are also associated with the digestive system.



So what does the Lymph System have to do with Fascia? Well, since the Lymph System lives in your Superficial Fascia – Everything. The Fascia and Muscles need to be flexible, supple and strong to move the lymph through the lymphatic vessels.

This is done by the Fascia and Muscles contracting which constricts the lymphatic vessels and pushes the lymph fluid forward. Check valves prevent the fluid from flowing backward.

The lymph fluid flows in just one direction, beginning at the tissue cells and moving upward to the subclavian veins at the base of the neck where filtered and enhanced lymph fluid empties into our veins, and rejuvenating the blood with fresh plasma and white cells.

Since the lymphatic system does not have a heart to pump it, its upward movement depends on the motions of the Fascia, Muscles and pumping joints.

Any trauma or impact to the Fascia and Muscles, as well as repetitive dysfunctional posture, causes Fascia Points and Muscle Trigger Points which are shortened and restricted areas, usually painful, in the soft tissue. These points can be as large a tennis ball in the Fascia and as small as a dime in the Muscles.

It's this restriction that slows down the drainage of the Lymph System which causes surface swelling called edema and inflammation at the site of the restriction. Since the body knows it needs to rid the area of the neuro-reactive chemistry, toxins, acidic fluid and garbage, you will often see molds, skin tags, freckles and pimples as it brings the toxins to the surface to get rid of it.

All a Manual Practitioner needs to do is follow the dots!

After your Fascia Points and Muscle Trigger Points have been released and the soft tissue stretched back to its normal length, then you can start pumping, stretching, moving, walking, swimming and exercising to keep your Lymph System flowing appropriately.

Movement Means A Healthy Body – Inside and Out!

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