

1	Introduction	1
2	Myofascial Trigger Points or Blockages	5
2.1	Finding Criteria of Myofascial Adhesion = Blockage	5
2.2	Common Symptoms of Blockages	6
3	Pathophysiology	9
3.1	Myofascial Knots	13
3.1.1	Calotte Node (= KK)	17
3.1.2	Pharyngeal Node (= PK)	17
3.1.3	Upper Thoracic Node (= OTK)	18
3.1.4	Lower Thoracic Node (= UTK)	18
3.1.5	Sacral Node (= SN)	19
3.1.6	Elbow Node (= EN)	19
3.1.7	Carpal Node (= CN)	20
3.1.8	Knee Node (= KnN)	20
3.1.9	Foot Node (= FN)	20
3.2	Fascial Chains	20
3.3	Causes of Myofascial Syndromes	22
4	Clinical Presentation of Myofascial Syndromes	31
4.1	Calotte Node	32
4.2	Pharyngeal Node	32
4.3	Upper Thoracic Node With Chain Into the Arm	33
4.4	Lower Thoracic Node	33
4.5	Sacral Node	35
4.6	Knee Node	35
4.7	Foot Nodes	36
5	General Medical Diagnostic and Treatment Approaches	39
5.1	Calotte Node	41
5.2	Pharyngeal Node	41
5.3	Upper Thoracic Node	43
5.4	Lower Thoracic Node	43
5.5	Sacral Node	45
5.6	Peripheral Nodes (EK, HK, KnK, FK)	45

6	Therapy of the Myofascial Organ	47
7	Case Studies	53
7.1	Heterophoria	53
7.2	“Growing Pains”	54
7.3	Scar Disorder	54
7.4	Dental Focus	55
7.5	Ovarian Cyst	58
7.6	Jaw Misalignments.	59
8	The Knot Model from a Physiotherapeutic Perspective—The KLINEA Concept	65
9	The Assessment in KLINEA	67
10	Pathophysiological Considerations from the Physiotherapist’s Perspective	71
11	KLINEA Assessment	73
11.1	Visual Examination While Standing	73
11.2	Fast, Meaningful Practice Tests	76
11.2.1	Modified Derbolowsky Sign	76
11.2.2	Testing the Leg Chains.	80
11.2.3	Toe Test	84
12	KLINEA Therapy	85
13	Patient Example	91
13.1	Medical History	91
13.2	Visual Findings	92
13.3	Quick Tests.	92
13.4	Therapy	93
13.5	Findings	94
	Afterword	99
	Note	101