



Hawaii Myofascial Symposium 2025



Perpetuating and Causative Factors of Myofascial Pain & Dysfunction Including Posture and Gait: A Clinical Systems Approach

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Disclosure Statement:

Carolyn Silan has no relevant financial relationships or conflicts of interest to disclose.

Introductions

- Clinical Practice and Background
- Learning Objectives
- Quick Poll



Foundations of Myofascial Dysfunction

- “Myofascial Pain Syndrome”
- The Fascia Factor
- The Nervous System Connection
- MPS vs Fibromyalgia



The Clinical Reality

- Patterns we all observe
- Moving Forward
- The Bottom Line
- The Integrated Systems Approach



Prevalence of Myofascial Dysfunction

- Clinical Populations
- General Population
- Reasons for Wide Variation



Causative Factors

- Acute Trauma
- Repetitive Microtrauma
- Sustained Muscle Contraction



Perpetuating Factors

- Mechanical & Postural Perpetuators
- Metabolic & Nutritional Factors
- Systemic Medical Conditions
- Psychosocial Factors
- Lifestyle Factors



Static Postural Faults

- Forward Head Posture (“Tech Neck”)



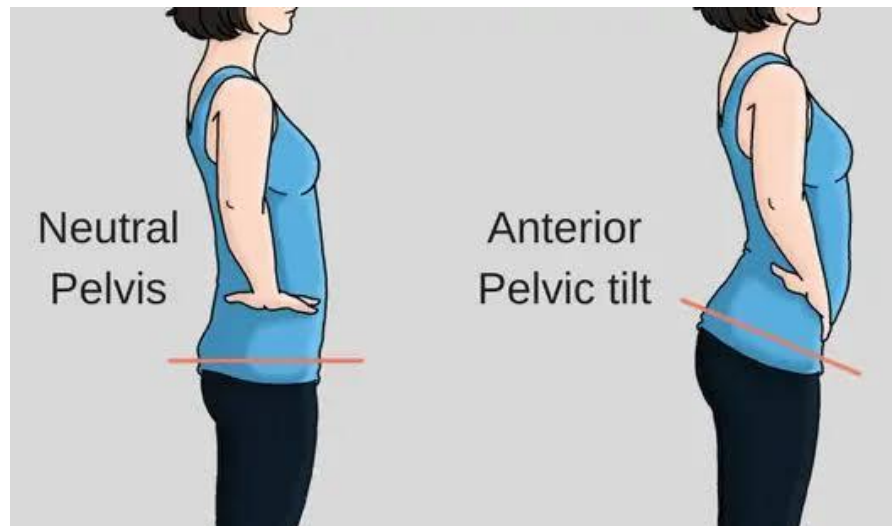
Static Postural Faults

- Rounded Shoulders/
Protracted Scapulae
- Excess Thoracic Kyphosis
(Hyperkyphosis)



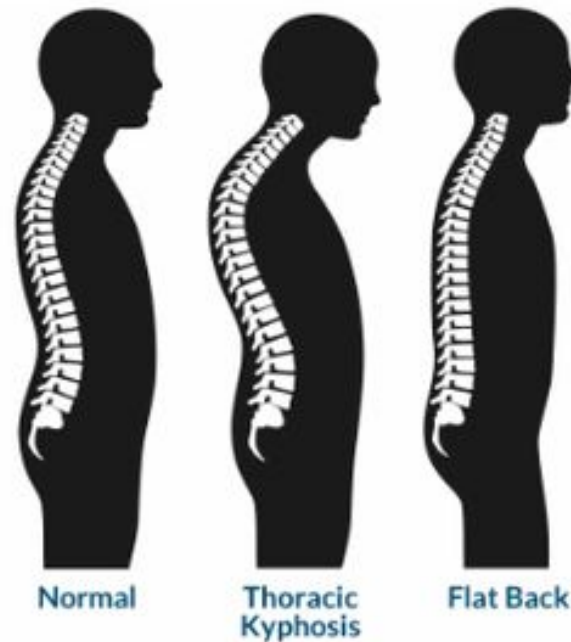
Static Postural Faults

- Excess Lumbar Lordosis / Anterior Pelvic Tilt



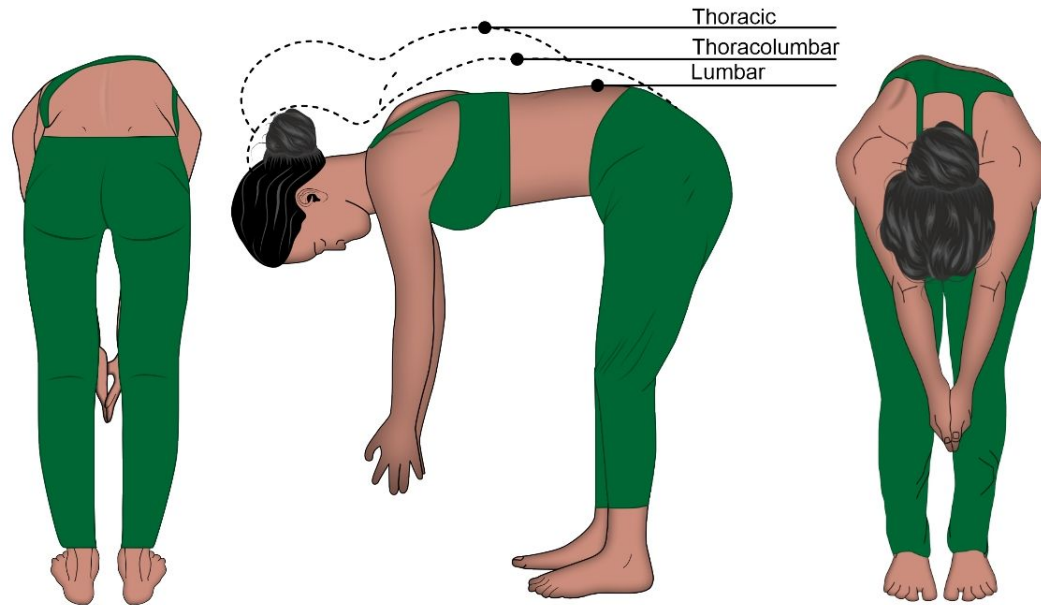
Static Postural Faults

- Flat Back / Loss of Thoracic Kyphosis and Lumbar Lordosis



Static Postural Faults

- Scoliosis / Lateral Spinal Deviation



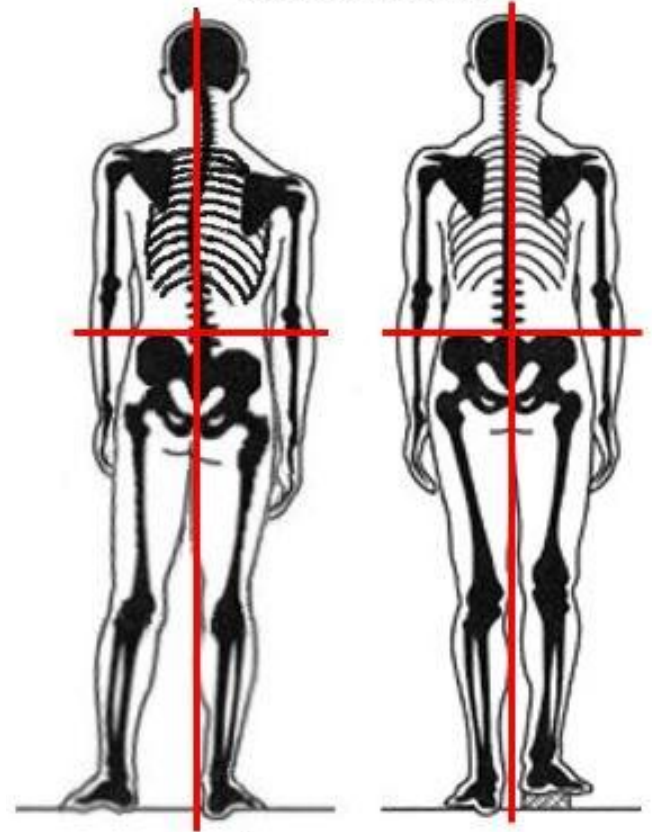
Static Postural Faults

- Scapular Winging or Internally Rotated Shoulder Blade



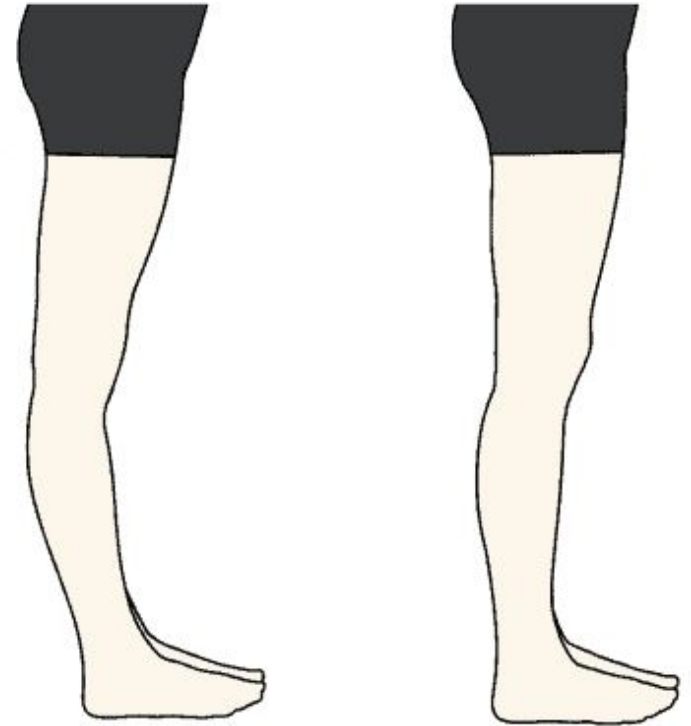
Static Postural Faults

- Leg Length Discrepancy & Pelvic Torsion



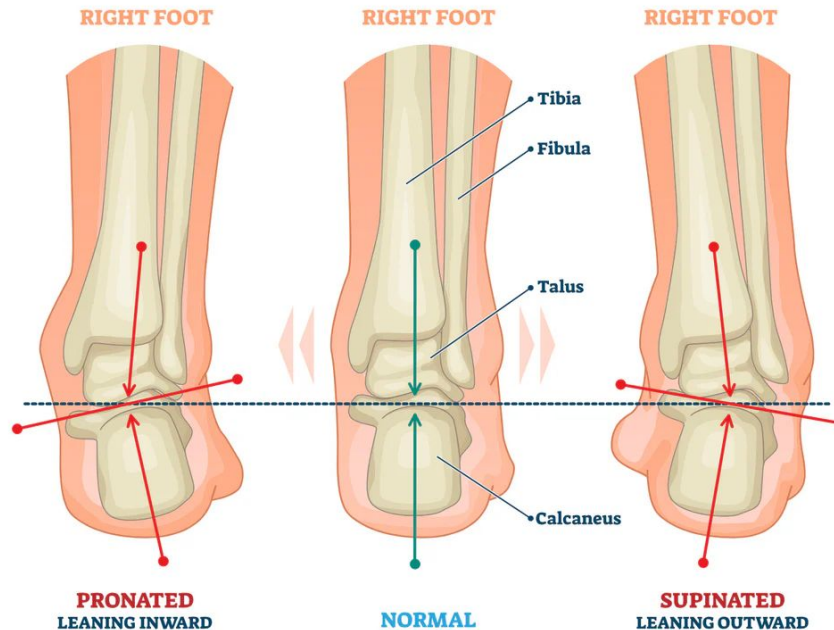
Static Postural Faults

- Knee Hyperextension or Recurvatum



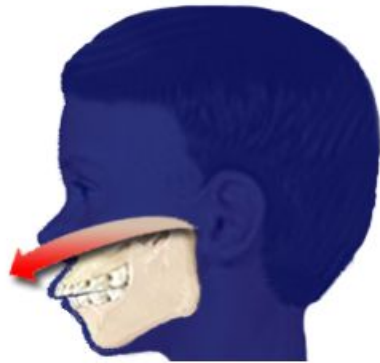
Static Postural Faults

- Excessive Pronation (“flat feet” or Supination



Static Postural Faults

- Jaw / Craniofacial postural faults (forward mandible, bruxism)



Maxillary
prognathism



Jaw without
prognathism



Mandibular
prognathism



Static Postural Faults

- Chronic Asymmetrical or Poor Ergonomic Postures



Posture Assessment

- Lateral View Analysis
- Posterior View Analysis



Posture and Gait as Central Perpetuators

- How You Walk Shapes Your Fascia
- Repetitive Strain and Microtrauma
- Muscular Imbalance and Fascial Adhesions
- Compensation and Global Tension



Gait Assessment

- Groups of 3
- Observations
- Questions
- Group Discussion



Clinical Systems Approach to Assessment

- Comprehensive Evaluation Framework
- The Silan System Philosophy

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Treatment Implications & Integration

- Multi-Disciplinary Approach
- Evidence-Based Manual Therapy Techniques



Case Examples & Discussion

- 1: Office Worker with Chronic Neck Pain
- 2: Runner with Persistent IT Band Pain



Conclusion and Q & A

- Key Takeaways
- Resources
- Q & A
- Mahalo for Participating!



**Download Handouts &
References, Connect on Socials!**

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