

## Abstract

Fasciae are currently a much discussed theoretical and clinical topic. Their association with muscle has inspired many Western authors to describe the so-called myofascial chains. However, a similar model was also present much earlier in the medical systems of other cultures. Traditional Chinese medicine offers one of the oldest and most accurately documented views on this topic. In the Western world, the system of twelve acupuncture meridians is relatively well known, but the whole traditional system of channels is much more complex. It also includes a description of the tendomuscular meridians, which are closely related to the musculoskeletal system and, at first glance, show similarities to the myofascial chains. This bachelor's thesis is focused on the comparison of these two views, which are roughly 2000 years apart. It was prompted by the absence of such an unbiased comparison.

The theoretical part of the thesis contains a basic introduction to both the modern Western systems and the traditional view represented by the more than two thousand years old Inner Canon of the Yellow Emperor. The central part of the thesis consists in a direct comparison of the pathways of each tendomuscular channel with several systems of myofascial chains by different authors. The aim of this work is to find possible correspondences that would support the existing knowledge, as well as possible differences that could possibly inspire future research in this field.

To demonstrate the use of tendomuscular channels, the thesis includes one case study of a proband with an overloaded shoulder. She will be examined using a standard physiotherapy examination supplemented by the Simple Shoulder Test and Shoulder Pain and Disability Index questionnaires. Subsequently, a monthly acupuncture treatment takes place, after which the treatment is repeated.