

## Additional Resources

For more information on the skin ligaments highlighted in the Jan/Feb 2023 Anatomy for Touch column, as well as the three-dimensional fascial anatomy of the subcutis, check out these resources:

Cotofana, S. and M. S. Kaminer. "Anatomic Update on the 3-Dimensionality of the Subdermal Septum and its Relevance for the Pathophysiology of Cellulite." *Journal of Cosmetic Dermatology* 21, no. 8 (2022): 3232–3239. <https://doi.org/10.1111/jocd.15087>.

Nash, L. et al. "Skin Ligaments: Regional Distribution and Variation in Morphology." *Clinical Anatomy* 17, no. 4 (2004): 287–293. <https://doi.org/10.1002/ca.10203>.

Sakata, A. et al. "Relationship Between the Retinacula Cutis and Sagging Facial Skin." *Skin Research and Technology* 24 no. 1 (2018): 93–98. <https://doi.org/10.1111/srt.12395>.

Stecco, Carla. *Functional Atlas of the Human Fascial System*. Edinburgh: Churchill Livingstone Elsevier, 2015.

Wong, R. "The Dynamic Anatomy and Patterning of Skin." *Experimental Dermatology* 25, no. 2 (2016): 92–98. <https://doi.org/10.1111/exd.12832>.

The following research articles help establish the growing evidence that deformation of tissue at the skin level affects much deeper layers:

Engell, et al. "Differential Displacement of Soft-Tissue Layers From Manual Therapy Loading." *Clinical Biomechanics* 33 (2016): 66–72. <https://doi.org/10.1016/j.clinbiomech.2016.02.011>.

Pamuk, U. and C. A. Yucesoy. "MRI Analyses Show that Kinesio Taping Affects Much More Than Just the Targeted Superficial Tissues and Causes Heterogeneous Deformations Within the Whole Limb." *Journal of Biomechanics*, 48, no. 16 (2015): 4,262–70. <https://doi.org/10.1016/j.jbiomech.2015.10.036>.

Wilke, J. and S. Tenberg. "Semimembranosus Muscle Displacement is Associated with Movement of the Superficial Fascia: An In Vivo Ultrasound Investigation." *Journal of Anatomy*, 237, no. 6 (2020): 1,026–31. <https://doi.org/10.1111/joa.13283>.