

# Why Study FASCIA



Fascia science provides insights into the body's interconnectedness leading to more effective and holistic approaches to therapy and rehabilitation efforts.



## 1. Our Environment

Fascia provides the framework and environment for all our body systems (Boser & Schumaker, 2021).

## 2. Structure

Fascia provides the structural support and tension to hold the body upright (Sharkey, 2021).

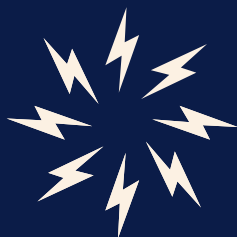


## 3. Collaboration

The science of fascia provides health and wellness professionals the opportunity for interprofessional collaboration.

## 4. Feelings

The highly innervated fascia contributes to our interoceptive sense (Schleip et al., 2022).



## 5. Pain

Prolonged pressure, tension, and inflammation in the fascia produce nociception, alerting us to problems (Langevin, 2021).

## 6. Efficient Movement

The fascia has elastic properties and stores energy to support efficient movement for walking, jumping, and running (Schleip & Bartsch, 2021).

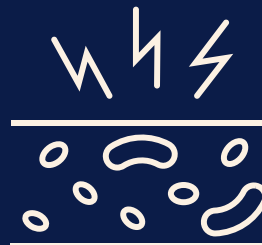


## 7. Coordination

Up to 40% of muscular force is transmitted into the surrounding fascia, which in turn creates forces on nearby muscle and bone to create smooth movement of the skeletal system (Schleip & Klinger, 2022).

## 8. Inflammation

The fascia plays an important role in the immune system (Langevin et al., 2012).



## 8. Proprioception

Shifting tension in the web of fascia provides proprioceptive information. The retinacula are some of the most highly innervated structures in the body, alerting us to joint position (Stecco, 2021).