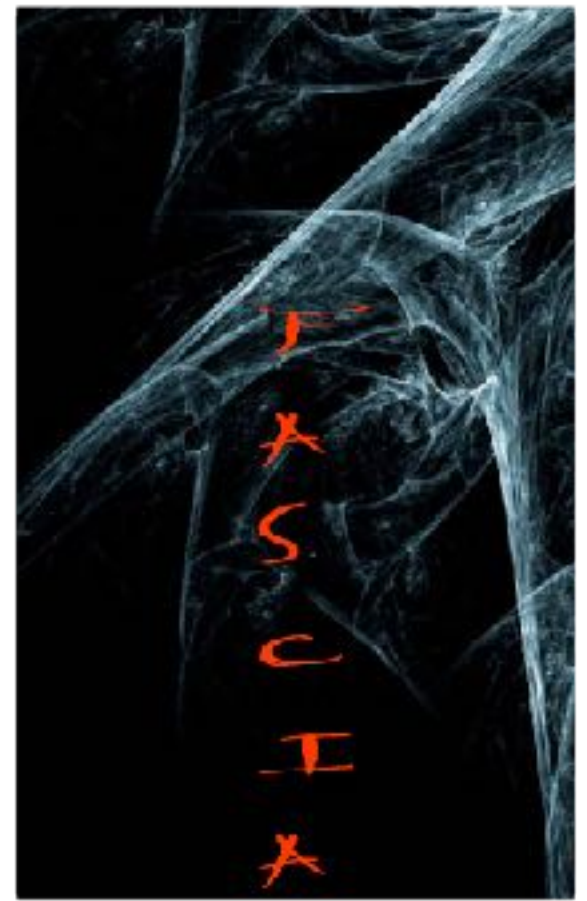


# ABOUT FASCIA

**Consider how a pull in a knitted sweater disrupts the matrix and structure of it.**

Suddenly the sweater does not hang well.  
It sags and pulls in one area.

The sweater, weakened in one area, next transfers weakness to the rest of the sweater-body; its woven knit integrity, its function, its form.



Such is the case with our internal ‘woven’ body structure called fascia.

**Fascia: a continuous biological matrix, connects all systems, organs, and tissues in the human body.**

Trauma, surgery, inflammatory responses, repetitive motion injuries, and occasional activities of daily life, can create myofascial restrictions, which, untreated, become pain areas affecting the entire, elastic fascia-joined body in a variety of ways.

Manifesting as restrictions, these less flexible areas can store emotions, as well as create functional limitations in the body.

Removing these restrictions is important to restoring internal/external form, function, balance.

