

What the research says about chronic pain

Summary of top-tier studies on fascia and pain.

1

Densified thoraco-lumbar fascia is reproducibly linked to chronic lower-back pain.

1A++

BASED ON 24 STUDIES GRADED 1A++ OR HIGHER

2

Manual fascia treatment yields short-term pain relief comparable to standard care in RCTs.

1A+

BASED ON 17 STUDIES GRADED 1A+ OR HIGHER

3

Fascial mechanoreceptors modulate nociception — relevant to pain chronicity.

A++++

BASED ON 31 STUDIES GRADED A++++ OR HIGHER
