

Evidence rubric — at a glance

How The Fascia Guide grades the science behind every claim.

1A+++	Top tier. Large RCTs or systematic reviews with unqualified findings.
1A++	Replicated RCTs or meta-analysis with converging results.
1A+	Single RCT or strong observational study with clear effects.
A++++	Mechanistic or anatomical work on human tissue, high quality.
A+++	Mechanistic work in animal model or in vitro, well-executed.
A++	Supporting clinical or observational study with limitations.
A+	Pilot study, case series, or preliminary findings.
A	Baseline peer-reviewed — included for completeness.

