

Fascia in 60 seconds

Anatomy primer for non-clinical audiences.

WHAT IT IS

A continuous web of connective tissue that envelops and links every muscle, organ, and nerve in the body.

WHERE IT IS

Musculoskeletal
Visceral
Neural
Dermal

WHAT IT DOES

Force transmission
Proprioception
Fluid dynamics
Mechano-sensing

WHY IT MATTERS

Healthy fascia explains more about movement, pain, and recovery than the muscle-or-bone model can on its own.

