



How does fascia cause my pain?

In its normal, healthy state, fascia is relaxed and wavy in configuration. It has the ability to stretch and move without restriction. **When we experience physical trauma, scarring or inflammation, the fascia loses its pliability.** It becomes tight, restricted and a source of tension for the rest of the body.

Trauma, such as a fall, whiplash, repetitive stress injury, or even habitual poor posture, have a cumulative effect on the body. The changes they cause in the fascial system influence comfort and function throughout the body. The fascia can exert excessive pressure, up to 2,000 pounds per square inch, producing pain or restriction of motion, affecting flexibility, stability and mobility, and are a determining factor in the body's ability to withstand stress and strain.

