

Understanding Fascia & Connective Tissue



Your Fascia affects every part of your body.

- The fascia surrounds and supports every organ, every muscle, every part of your body.
- It is the lubricant that keeps your body moving.
- If you suffer from chronic pain, it's likely the fascia is part of the reason.

Improve the fascia and improve



6 Ways to improve the health of your Fascia

1. Movement is important. If you sit at work, get up, move around.
2. Stretch 10 min/day.
3. Stay hydrated.
4. Cardio exercises like running, biking, walking.
5. Use a ball or foam roller to stretch the fascia.

6. Myofascial Massage.

Focuses in on your pain, with techniques to soften the fascia and enhance the functioning of these areas.

Stillness leads to Stiffness.

With a myofascial massage we help get these areas moving again.

Call **925-979-9005** or Book Online: Back2Perfect.com