



What is fascia's purpose in the body?

The fascia, or **connective tissue**, is a specialized system that covers your body, uninterrupted, from head to foot, similar to the knitted network of yarn in a sweater. It is a seamless web of soft tissue that covers every muscle, bone, nerve, blood vessel, and the internal organs, including the brain, heart, lungs and spinal cord.

Fascia plays an important role in support of our bodies by surrounding and attaching to all structures. These structures would not be able to provide stability for our body without the constant pull of the fascial system.

Think of your bones as tent poles, which could not support the body's structure without the constant support of guide wires – our fascia. The fascia maintain the amount of tension to allow the body (the tent) to remain upright with proper equilibrium.

