

FASSHAA GUIDES

DESK-BASED PROFESSIONALS

A different approach to the aches,
stiffness and tension that come with
desk work.



FASSHAA®

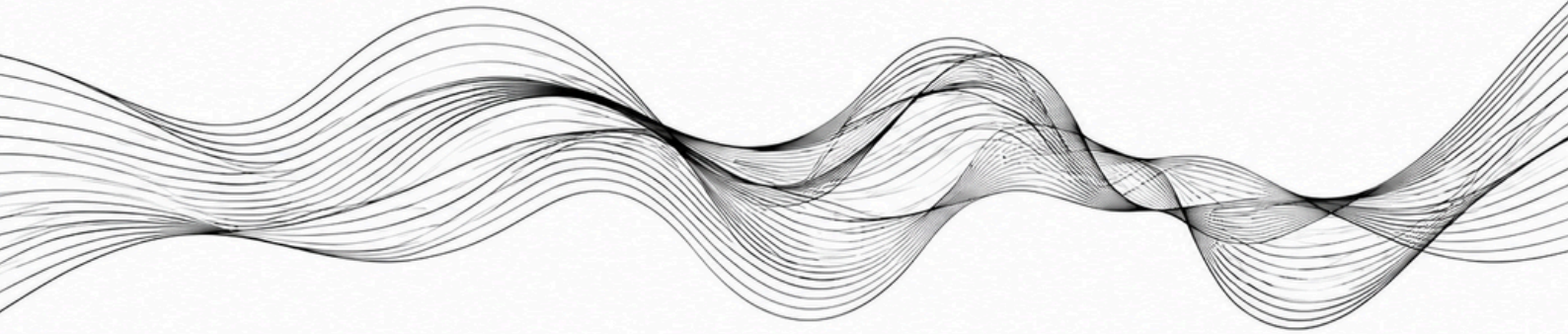
Living well begins here

Why does desk work leave your body feeling stiff, tight or uncomfortable?

Your body wasn't designed to spend all day at a desk, yet for many of us that's exactly what a working day involves. We spend hours at the computer, typing, clicking, scrolling and concentrating, perhaps breaking it up with a quick trip to the loo or the kitchen before sitting straight back down.

By the end of the day, your neck might feel tight, your shoulders stiff or your back reluctant to straighten when you get out of your chair. Maybe your hips feel restricted, or you're simply not moving as freely as you'd like. You roll your shoulders, adjust your chair or go for a short walk, which might help for a while, but the same stiffness often returns the next day.

It's easy to look up from your screen and realise another few hours have disappeared.



Even when you're sitting still, your body is constantly adapting to the positions you hold and the movements you repeat throughout the day, which can contribute to those familiar aches, stiffness and restrictions that come with spending hours at a desk.

There's something connecting all those moving parts that most of us rarely think about: *your fascia*.

Understanding a little more about it might change how you approach the aches, stiffness and tension you experience, and how you look after your body as a whole.

We tend to think stiffness and discomfort are just part of spending long hours at a desk.

But what if some of those familiar aches and restrictions are connected to something we don't even know about?

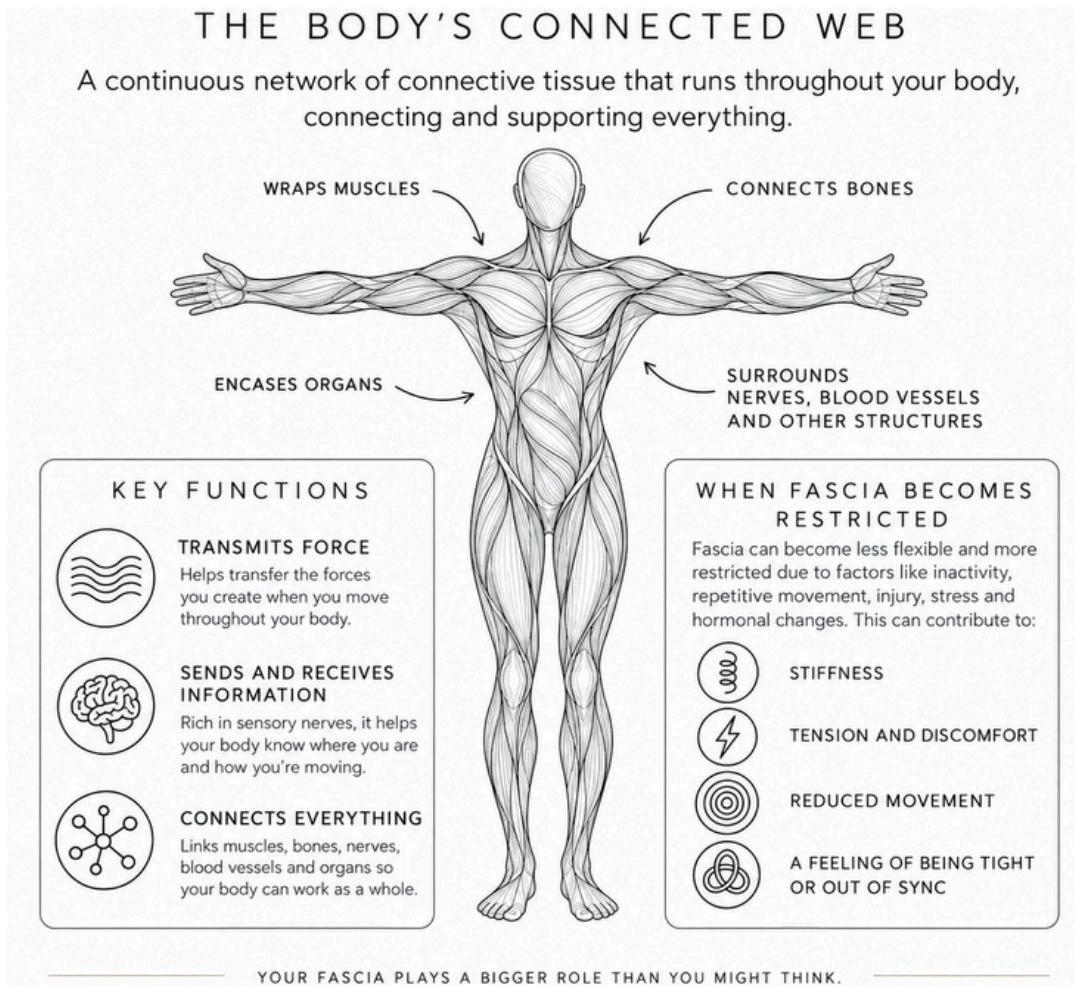
(it's our fascia)

What exactly is fascia?

If you've ever seen or prepared a raw chicken breast and noticed the thin, slightly slippery, white-ish, almost transparent tissue around it, that's fascia.

The same thing exists throughout our own bodies.

Fascia is connective tissue that surrounds and connects our muscles, bones, nerves, blood vessels and organs.



This is why it matters:

Think about the positions you spend hours in: your fingers working across a keyboard, one arm operating a mouse, your shoulders relatively still and your hips and knees bent. Your feet might barely move until it's time to stand up. The body adapts to what we repeatedly ask of it, and fascia is part of that picture.

Fascial tissue responds to movement and physical demands, and its layers need to glide as we move. Spending long periods in similar positions can contribute to feelings of stiffness or restriction, which is one reason changing position and moving regularly are useful habits. But the body doesn't operate as a collection of unrelated parts. Fascia forms a connective tissue network throughout it, so when your neck, shoulders, back or hips feel tight, it's worth considering the wider picture rather than focusing only on the area that's bothering you. That whole-body thinking is what inspired Fasshaa: pressure is applied between the fingers or toes, with the intention of supporting the wider fascia system rather than treating the hands or feet themselves.

*This whole-body connection
is what led to how Fasshaa was designed.*

Why start at the hands and feet when the restriction is somewhere else?

If your neck, shoulders, back or hips feel stiff after a day at your desk, applying pressure between your fingers or toes might seem unusual.

Fasshaa works with the concept of the body's interconnected fascia system, rather than focusing only on where you feel restricted.

Try this at your desk:

Before using Fasshaa, gently turn your head, roll your shoulders or reach your arms overhead. Notice how your body feels.

Use Fasshaa for 3–5 minutes, then repeat the movements; you might notice something feels less restricted, or flows more.

Want to explore further?

Download our free Fasshaa Mobility Check PDF from the Resources page at fasshaa.com.

The Fascia Connection:

Fascia forms a continuous network throughout your body.

It surrounds and connects everything — muscles, bones, organs and tissues.

The fascia in and around the hands and feet is part of this continuous network, connecting with structures throughout the body.

Everything is connected.

Releasing tension in the webbing of your hands and feet can help reduce compensatory tension throughout your entire body.

Move one part, and the whole body responds.

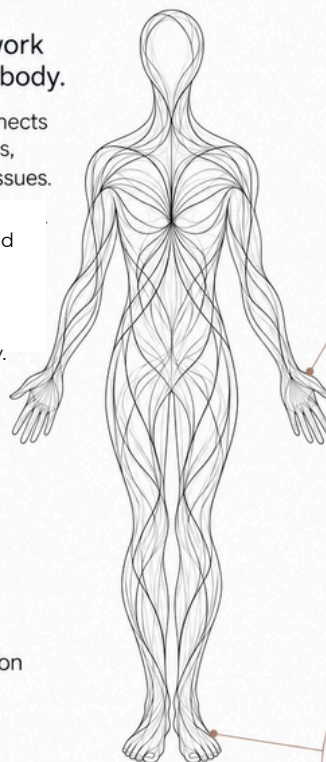
HANDS

The webbing between your fingers connects into the fascia of the arm, shoulder, chest and beyond.



FEET

The webbing between your toes connects into the fascia of the leg, hips, pelvis and throughout the body.



Conceptual illustration only. The lines represent the continuous, interconnected nature of fascia throughout the body and are not intended to depict specific anatomical fascial pathways.

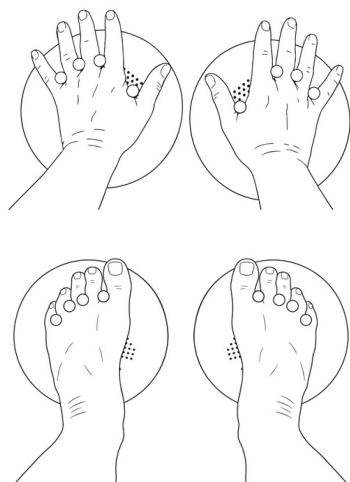
HOW IT WORKS:

Simply place the pegs between your fingers or toes, applying firm forward pressure and keep them there for 3–5 minutes.

Although you're only applying pressure between your fingers or toes, you may notice a difference somewhere else in your body.

Something may feel looser, a movement may feel easier, or an area that felt tight before may feel different.

Everyone responds differently, so simply notice what changes for you.



**Do a movement or stretch before you use Fasshaa.
Then do it again afterwards. *What do you notice?***

A little bit about me, and why I created Fasshaa.

I'm Cristie, and I've worked in health and wellbeing for nearly 20 years. I've always been interested in how our bodies work, but as I've got older, that interest has become much more personal.

Why do we get more aches and pains, and get stiffer?

Why does recovery take longer?

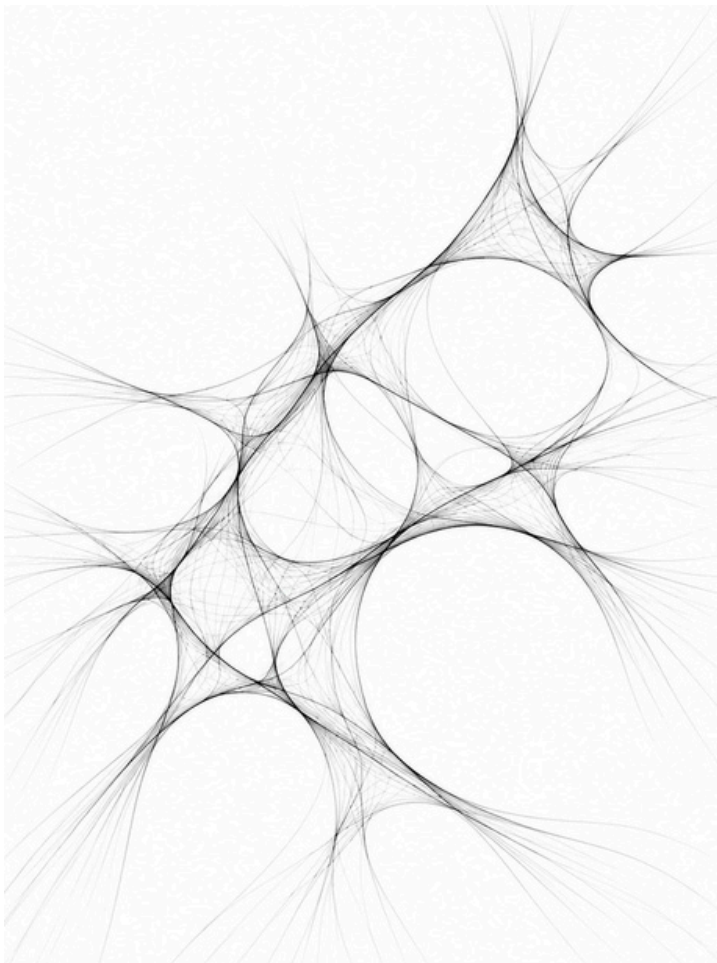
Why do old injuries seem to make themselves known again?

Why can two people of exactly the same age feel so different in their bodies?

We tend to explain a lot of this with one word: ageing.

But while ageing describes when these changes are happening, it doesn't necessarily explain what is contributing to them.

One part of that process I became particularly interested in was fascia.



Fascia runs throughout our entire body, influences how we move and feel, *yet most of us know almost nothing about it.*

The more I understood about fascia, the more I wanted to create something simple and practical that anyone could use to help support it.

That idea became Fasshaa.

Cristie Shuttleworth.
Inventor and Co-founder
Fasshaa® | The Fascia Release Tool

Five minutes. Right at your desk.

One of the best things about Fasshaa is how easily it fits into your working day.

You don't have to leave your desk or set aside time for a separate routine. Simply place Fasshaa on your desk to use with your hands, or on the floor beneath your desk for your feet. It's that easy.

And Fasshaa is for every body. You don't need to be a gym-goer, an athlete or even particularly active to benefit from giving your fascia system some attention. If you're dealing with everyday aches and pains, stiffness, tension, posture-related discomfort or headaches, or simply want to move more freely and comfortably, Fasshaa offers a different approach worth exploring.

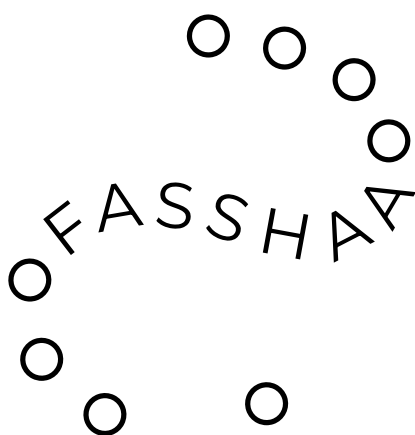
You could use it while checking emails, listening to voicemail, during your lunch break or whenever you have five minutes to yourself. As well as being designed to support your body's fascia system and encourage greater freedom of movement, those few minutes may also be an opportunity to slow down, relax and unwind during a busy day.

Fasshaa isn't limited to your office. Keep it in your work bag, use it at home, take it when you travel or place it on your aeroplane tray table during a flight. Whether you're at your desk all day, moving between meetings or travelling for work, Fasshaa is designed to go wherever you do.

The beauty is in its simplicity. Five minutes, a comfortable place to sit and an opportunity to give your body some attention, without having to interrupt your day.

A different place to start, with your whole body in mind.

Fasshaa® | The Fascia Release Tool



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