

FASSHAA GUIDES

GOLF

Looking to improve your golf game,
move more freely or manage those
recurring aches and tightness?



FASSHAA®

Living well begins here

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What if improving doesn't always mean doing more?

More practice.
More balls at the range.
More stretching. More strength work.

Yet you're still struggling to get the turn you want in your backswing.
Your hips or shoulders feel restricted.
Your ankles feel stiff.

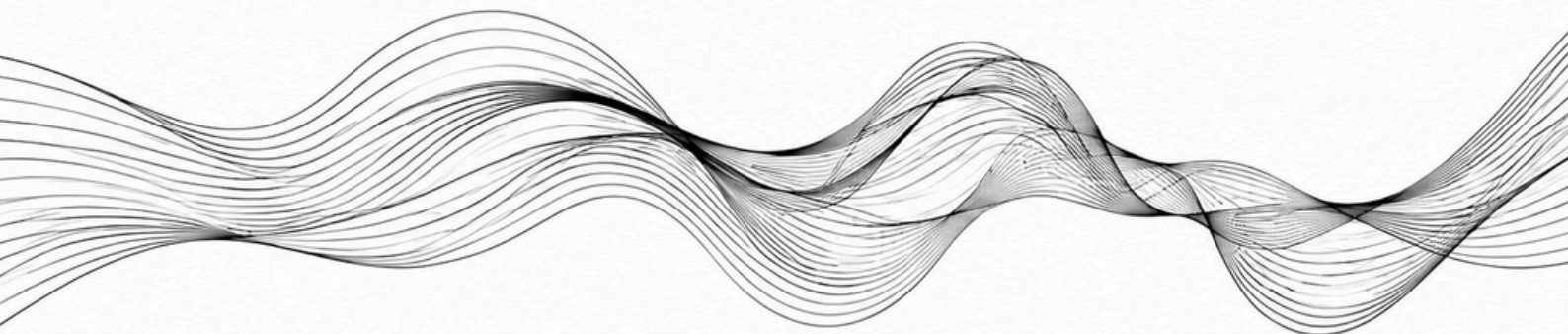
Or you're working harder to generate the power and control you're after.

You've probably spent plenty of time thinking about your swing, your clubs, your grip and your technique.

But have you ever thought about your fascia?

Most golfers haven't.

And if you're doing all the usual things but not seeing much difference, perhaps fascia is another part of the picture worth considering.



We tend to think improving our golf swing means more practice, more stretching, or more strength work.

But what if part of what's holding us back is something we haven't considered yet?

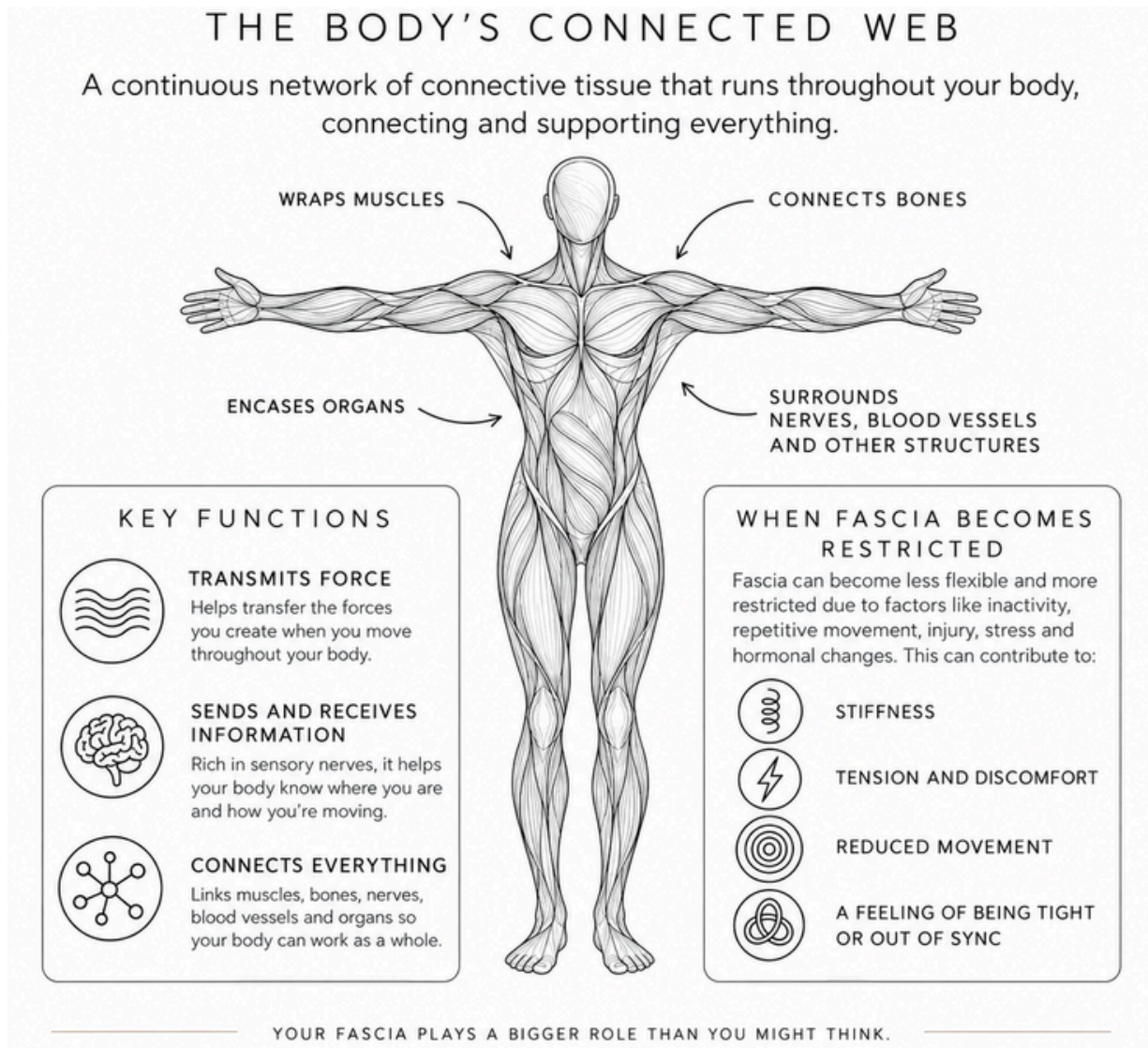
(it's our fascia)

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 what happens during a golf swing.

From your feet connecting with the ground, through the rotation of your hips and shoulders, to your hands delivering the club through impact. It's a coordinated, whole-body movement.

And fascia is part of the connective tissue network that helps your body move as a whole.

So perhaps the area where you feel restricted isn't the only place worth paying attention to.

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

Why the hands and feet?

Think about your golf swing.

Your feet connect you to the ground, while your hands connect you to the club. Between the two, your body needs to rotate, coordinate movement and transfer force.

And this is where fascia is really interesting, it forms a continuous network throughout your body, including your hands and feet.

So rather than looking at each part of your body separately, it makes sense to consider how everything works together.

So why does Fasshaa focus on the webbing between your fingers and toes?

Rather than applying pressure directly to areas that feel tight or restricted, Fasshaa uses the webbing between your fingers and toes as access points to the body's wider fascia network.

The aim is to support your body as a whole, whether your focus is on mobility, recovery or getting more out of your golf.

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.

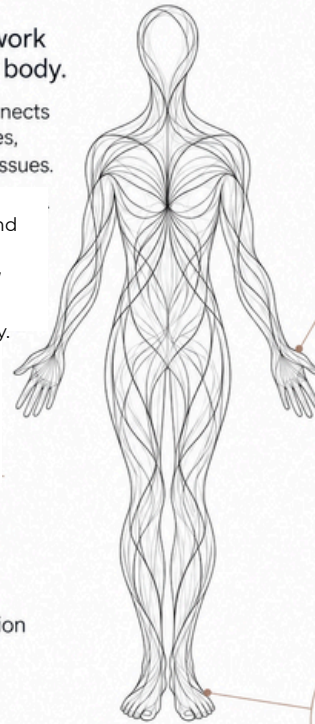
HANDS

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



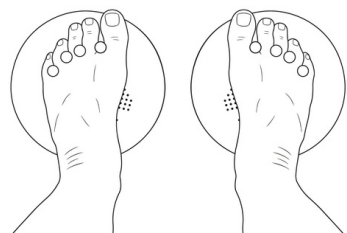
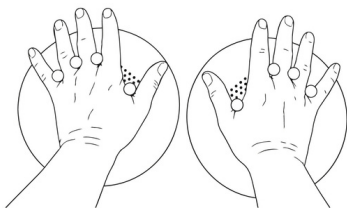
FEET

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.

Inspired by the principles of tensegrity, Fasshaa is designed around the interconnected nature of your body's fascia system, offering another way to approach mobility and recovery without concentrating solely on the areas that feel restricted.



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?

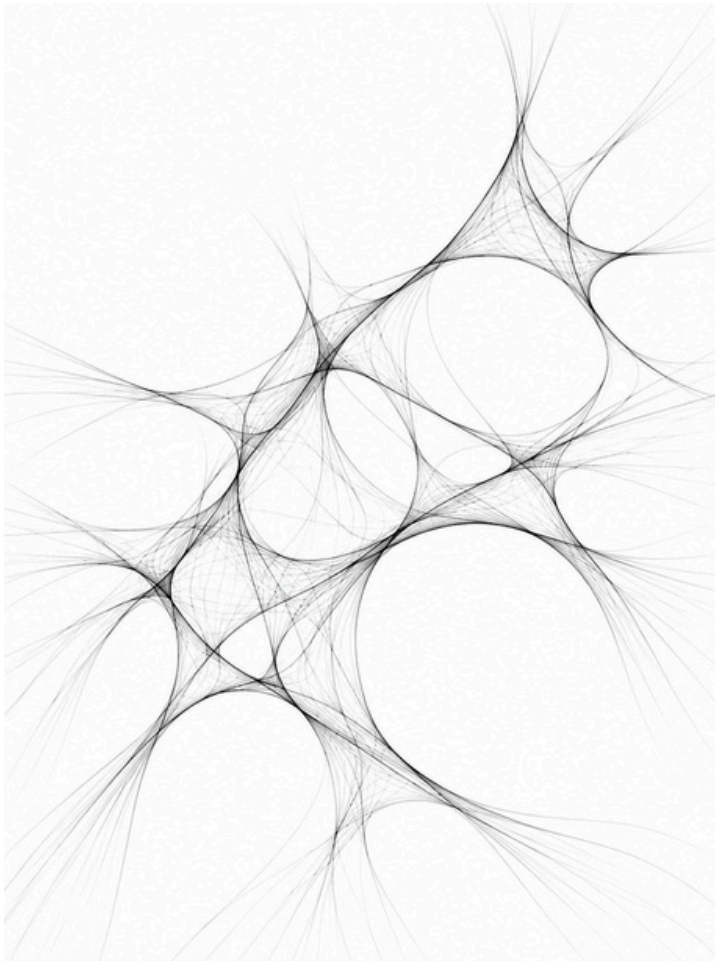
Why do old injuries seem to make themselves known again?

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

Fasshaa is a simple way to support **how your body moves and feels.**

Some people notice an immediate difference in how freely or comfortably they move. Others notice something more subtle, or nothing in particular.

For golfers, Fasshaa is something you can try before heading to the first tee, after a round, or as part of your usual routine between games.

You might notice a difference in your rotation, how freely you move through your backswing, or simply how your body feels after walking 18 holes. These are possibilities to explore, not outcomes everyone should expect.

If you've been putting in the practice but still feel there's something holding you back, perhaps it's worth exploring something you haven't considered before.

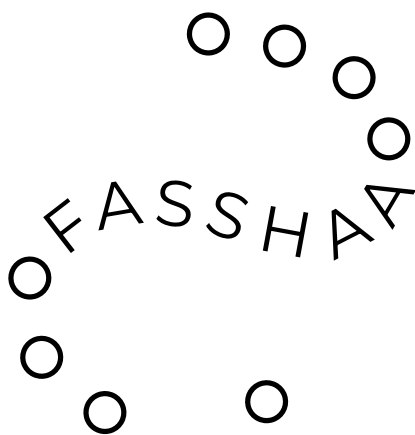
That's why I created Fasshaa. Something simple you can use in just a few minutes, without adding another complicated routine to your day.

Just 3–5 minutes on your hands or feet gives you a simple way to support your fascia and see what difference it can make to how your body moves and feels.

Perhaps it's time to try something different. See what you notice.

Because when movement feels better, life feels better.

FASSHAA® | The Fascia Release Tool



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