

FASSHAA GUIDES

ON YOUR FEET ALL DAY

Long days standing or walking taking their toll?
Discover a different approach to supporting your
body's fascia system when your work keeps you on
your feet.



FASSHAA®

Living well begins here

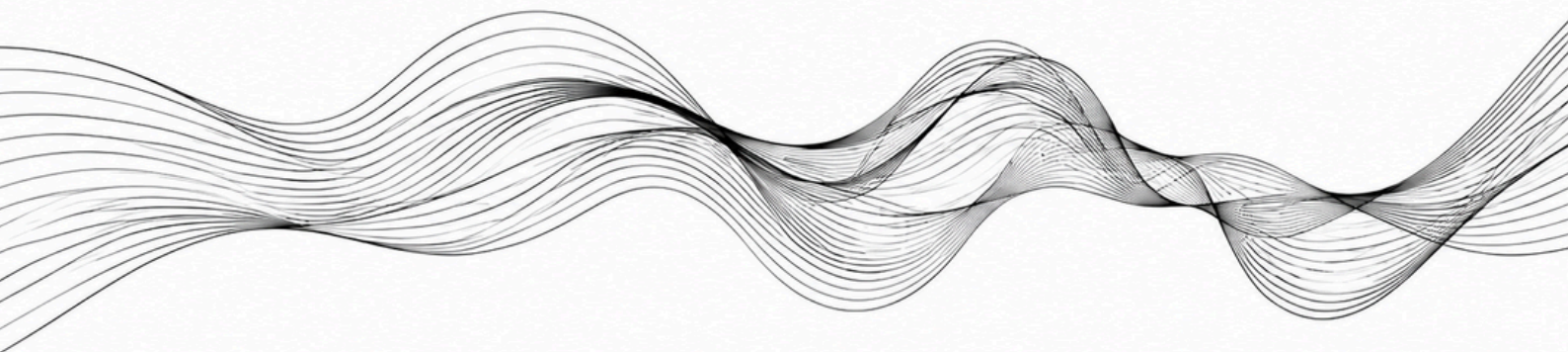
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When your job takes a **physical toll**

If you're a hairdresser, nurse, teacher, work in retail or hospitality, or have a job that keeps you standing or walking for hours, you'll know there's a lot more physical effort involved than people might realise.

And it's not necessarily about how far you walk. Standing for long periods, working on hard floors or repeating the same movements throughout the day can all take their toll.

But, of course, your life doesn't stop when your workday ends.



Perhaps it's your feet or legs that feel it first. Or maybe it's your knees, hips, back or shoulders that start complaining as the day goes on. By the time you finish work, you might be looking forward to nothing more than getting off your feet.

There are still commitments to juggle outside of work, as well as things you'd actually like to have the energy to enjoy.

Then there are the repetitive movements that come with so many jobs, from using scissors and hairdryers to climbing ladders, lifting, carrying and all the other physical tasks you perform throughout the day.

Depending on the type of work you do, those repeated movements can add another layer of physical demand to your day.

***So, apart from comfortable shoes,
taking breaks when you can and getting some well-earned rest,
what else could you consider to help look after your body?***

(it's your fascia)

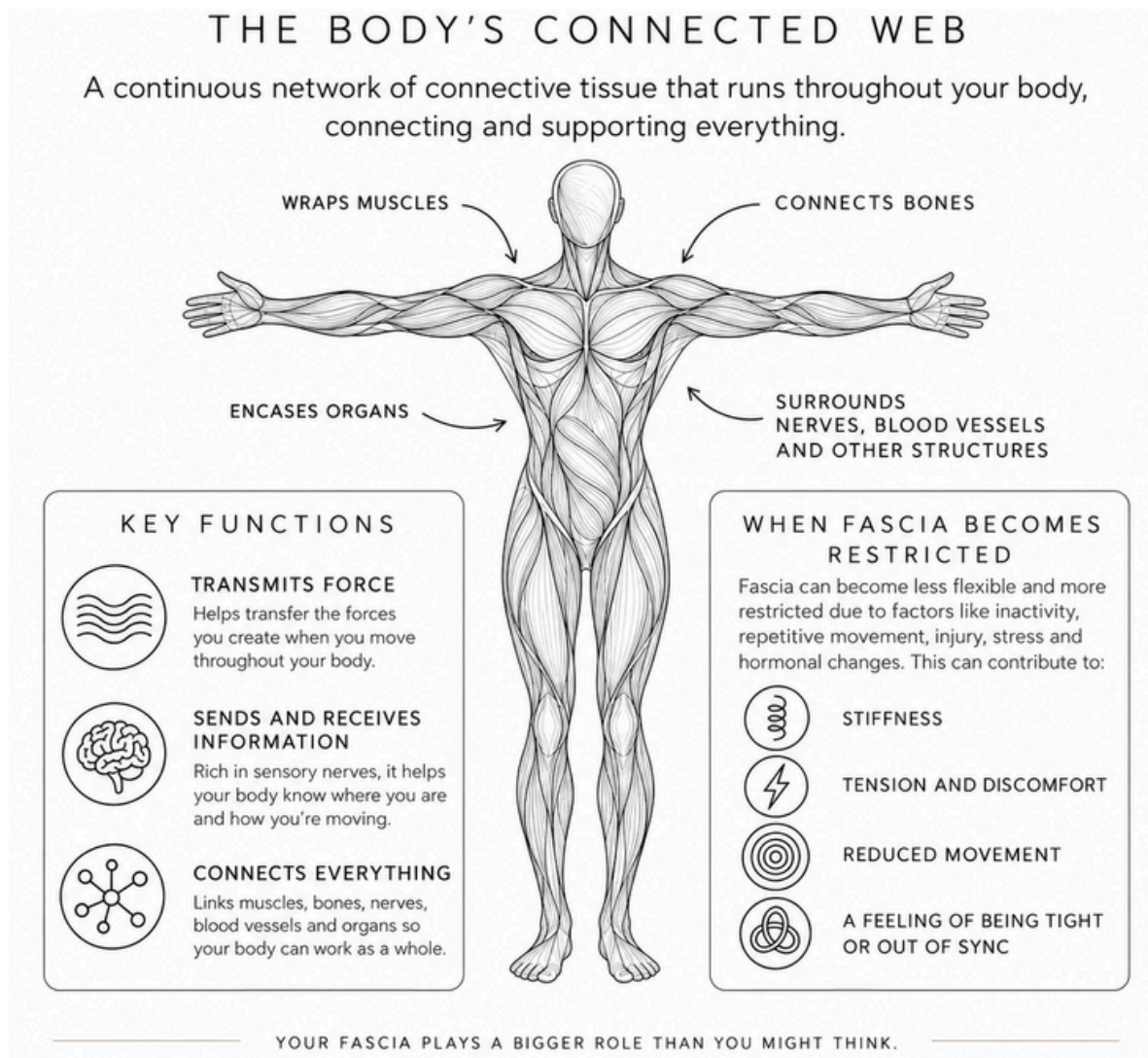
There's more involved than you might think

One thing you may not have considered is your body's fascia system, and the role it plays in how your body moves and functions.

When you've spent hours on your feet, it's natural to focus on the areas that feel tired, tight or uncomfortable. But your body doesn't operate as a collection of separate parts.

So, what exactly is fascia?

Fascia is a continuous network of connective tissue that surrounds, supports and connects your muscles, bones, nerves, blood vessels and organs. It also helps transmit forces throughout your body, contributing to movement, stability and coordination.



While aches, fatigue and restricted movement can have several contributing factors, fascia is another part of the bigger picture worth considering, particularly when your work places ongoing physical demands on your body.

Rather than focusing only on the areas that feel uncomfortable, what if you considered how your body is functioning as a whole?

That's where Fasshaa offers a different approach.

A different approach to supporting your body

After spending your working day on your feet, the last thing you feel like doing is adding another exercise or stretching routine to your evening.

You may already have ways to manage the physical demands of your job, but finding the time or motivation isn't always easy.

And sometimes, you just want to sit down and relax.

So what if you could use some of that time to do something for your body, without having to get up and do more?

That's the philosophy behind Fasshaa.

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.

Why the hands and feet?

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.

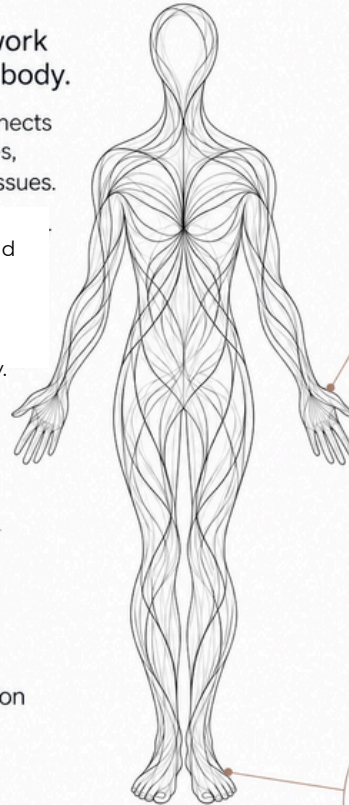
HANDS

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

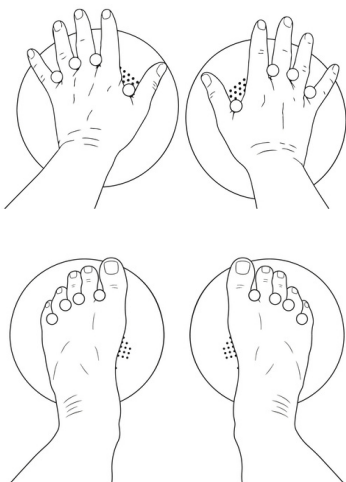


FEET

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.



And using it is simple. You sit comfortably and position your hands or feet on the silicone boards, with the pegs sitting between your fingers or toes for around three to five minutes.

You might choose to use Fasshaa before heading out, after your walk or run, or while relaxing later in the day. It fits easily alongside your usual stretching, strengthening and recovery practices without adding another lengthy session to your routine.

It's not about replacing the things you already find helpful, but introducing another approach that you may not have considered before.

**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?

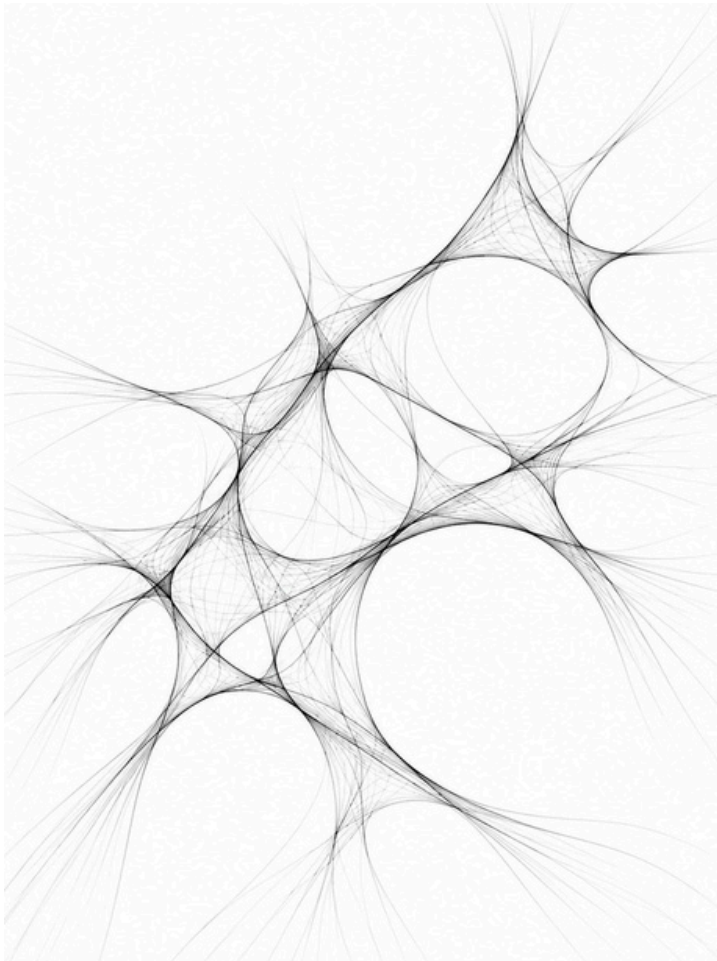
Why do old injuries seem to make themselves known again?

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

Your life is more than your workday

When your job keeps you on your feet for hours, it's easy to accept that feeling tired, stiff or uncomfortable is simply part of the deal.

And while some physical fatigue is understandable after a demanding day, it doesn't mean you have to stop being curious about what else you could do to look after yourself. Because the hours you spend at work are only part of your life.

There's everything else you want to do too, whether that's getting out for a walk, exercising, gardening, travelling, spending time with family and friends or simply enjoying your days off. You work hard enough during the day. Looking after your body shouldn't have to be hard work too.

That's why Fasshaa has been designed to be quick, easy and practical to use, without requiring another lengthy routine or a lot of equipment.

Discover how Fasshaa could become part of your everyday routine and offer another way to support your body's fascia system, even when your schedule is already full.

Start with a few minutes, follow the instructions and notice how your body responds. You can also try our simple movement tests before and after using Fasshaa to see whether you notice any changes in how you move.

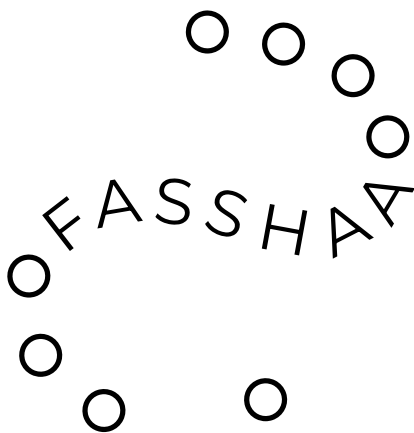
It's a small addition to your day that gives you another way to explore looking after your body, not just for the hours you're working, but for everything else you want to do.

Curious about Fasshaa?

Discover how the Fasshaa® Fascia Release Tool works, watch our easy-to-follow instruction videos and explore the other free guides in the series.

Because when movement feels better, life feels better.

FASSHAA® | The Fascia Release Tool



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