

FASSHAA GUIDES

RECOVERY & MOBILITY

Already stretching, foam rolling or using massage tools? Discover a different approach to mobility and recovery.



FASSHAA®

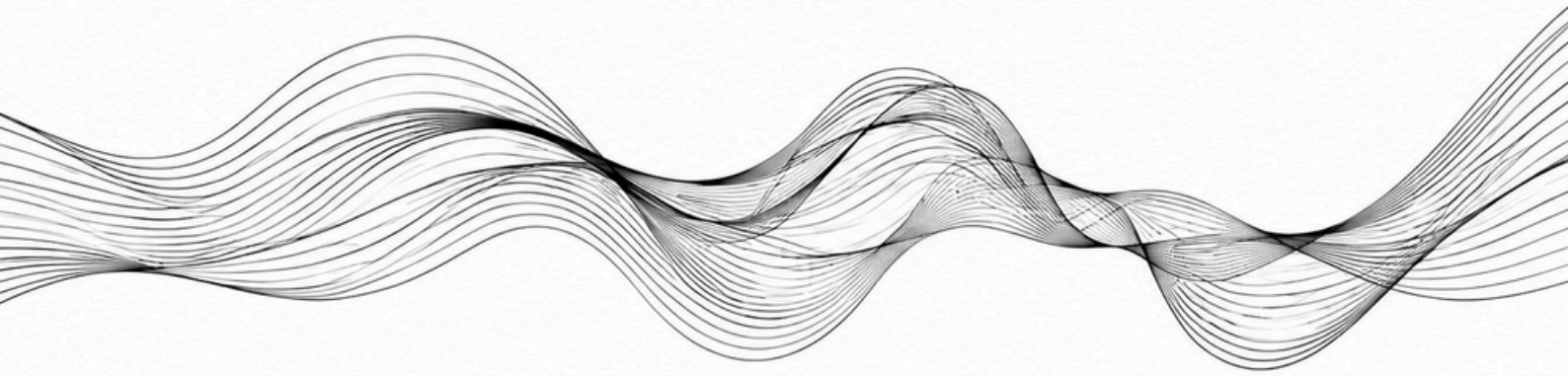
Living well begins here

Doing all the right things, but still **feeling tight**?

If you're someone who regularly stretches, foam rolls, books a massage or reaches for the massage gun, you probably take your mobility and recovery pretty seriously. Whether you're training, playing sport, staying active or simply wanting your body to move more comfortably, you understand that looking after it is part of the process.

And you probably know how good it feels when you've finished a decent stretching session or massage and everything seems to move a little more freely.

The frustrating part is when that feeling doesn't last.



Perhaps it's your hamstrings that always seem tight, your hips that feel restricted or that persistent tightness through your neck and shoulders that seems to get worse the more kilometres you clock up.

You spend time working on those areas, notice some improvement, but a day or two later you're right back where you started.

So you stretch a little longer, book another massage or spend more time with the foam roller, looking for a way to make those improvements last.

But why does that tightness keep coming back, despite everything you're doing?

There can be all sorts of reasons for this, but there's another interesting piece of the puzzle: your body's fascia system.

***But if you're already putting in the effort,
why do the same restrictions keep coming back?***

(it could be related to your fascia)

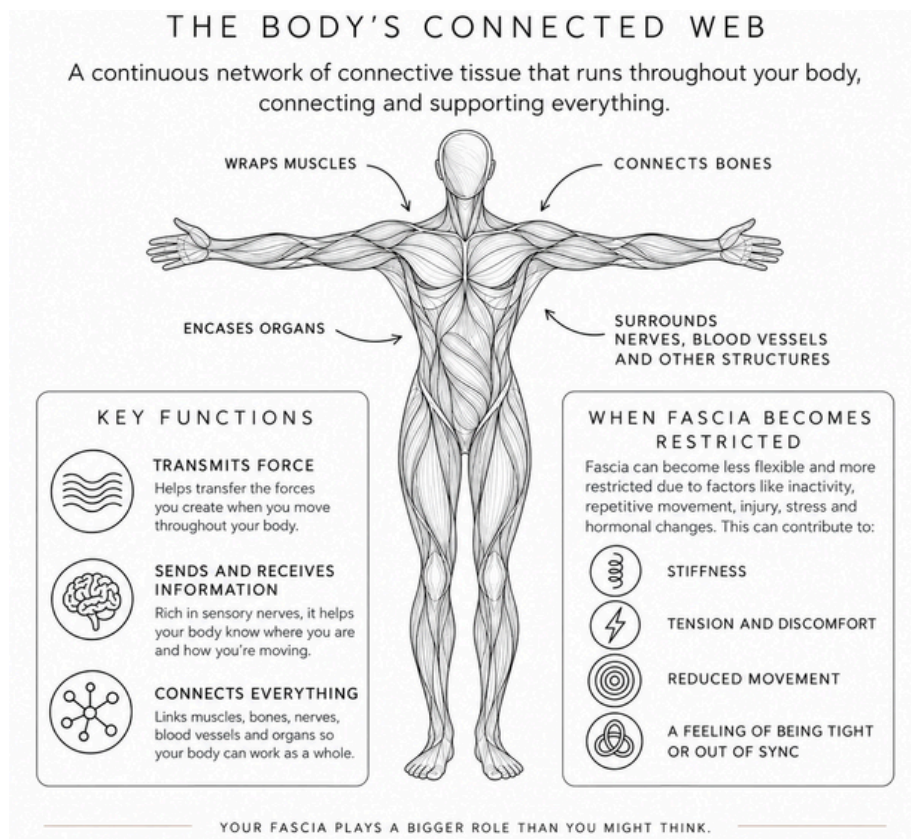
There's more to **movement** than muscles

When something feels tight, we naturally focus on that particular area. Tight calves get stretched, stiff shoulders get massaged and sore glutes get some attention from the foam roller.

It makes sense, and these approaches can be genuinely useful. But muscles don't work independently, and neither does the rest of your body.

Your muscles, joints, nerves and other structures are surrounded and supported by fascia, a continuous network of connective tissue that extends throughout your body. Fascia plays an important role in how tissues interact, glide and respond to movement.

You've probably heard the term myofascial release, particularly if you've used foam rollers, massage balls or massage guns. These techniques generally involve applying pressure or mechanical stimulation to muscles and surrounding soft tissues, often focusing on areas that feel tight or restricted.



But there's another interesting concept worth understanding, called tensegrity.

Tensegrity describes how a structure maintains its stability through a balance of tension and compression, rather than relying on each individual part to support itself independently. In the human body, a related concept known as biotensegrity helps explain how muscles, fascia, bones and other structures work together to distribute forces and support movement.

Think of a spider's web. When one part is pulled, the tension shifts through the surrounding strands, rather than remaining in that one spot. It's a simple way to picture the concept of tensegrity and how interconnected structures can respond to forces applied elsewhere.

*And it's this whole-body perspective
that inspired the approach behind Fasshaa.*

A different approach to recovery and mobility

When something feels tight or restricted, it's natural to focus on that particular area.

You stretch your calves, foam roll your thighs or massage your hips, hoping to loosen things up before your next walk or run.

But as we've explored, movement involves much more than individual muscles working independently. This is where Fasshaa offers a different perspective.

Rather than trying to release fascia by applying direct pressure on the area that feels tight, Fasshaa uses the webbing between the fingers and toes as access points to the body's entire fascia network.

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.

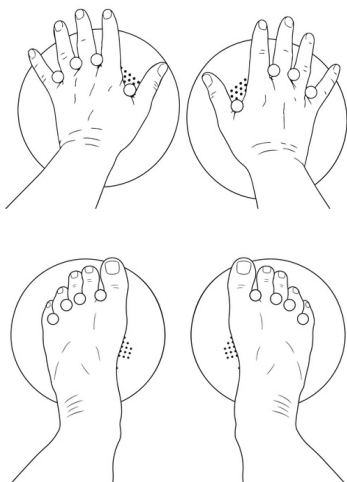


FEET

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.



Using Fasshaa 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.

There's no rolling, massaging or complicated technique to learn, and you can easily incorporate it into your existing routine. You might choose to use Fasshaa before your mobility exercises, after training or while winding down at the end of the day.

It's not about replacing the stretching, massage or other recovery practices you already find helpful. Instead, Fasshaa gives you another approach to explore without adding another lengthy session to your day.

**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?

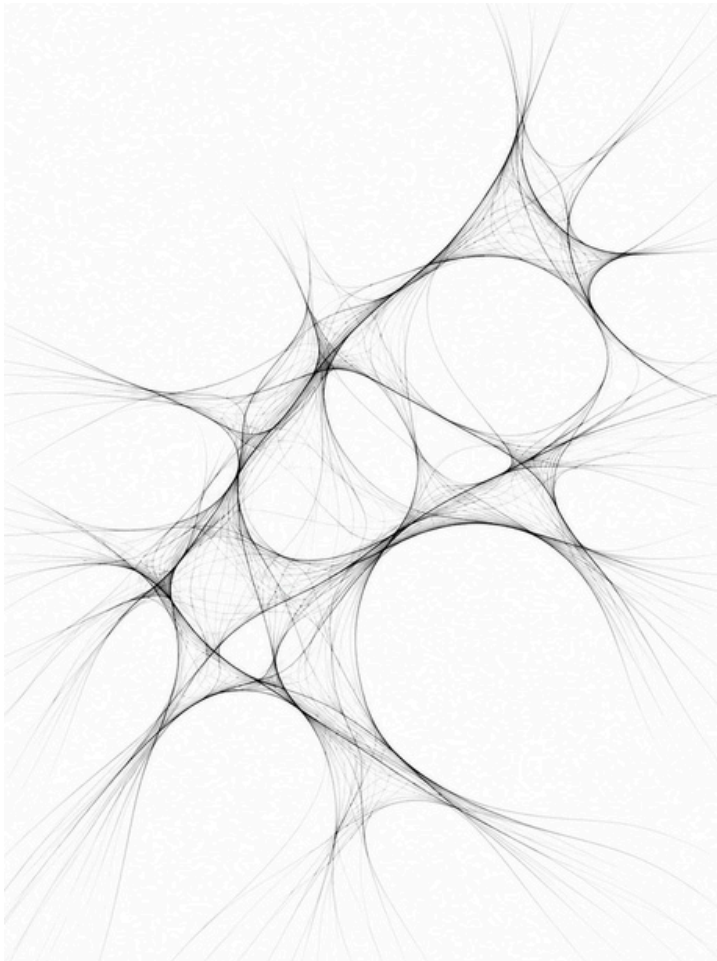
Why do old injuries seem to make themselves known again?

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

Make more of your **recovery and mobility** routine

If you're already stretching, foam rolling, having massages or doing mobility exercises, you're clearly making an effort to look after your body. And if those things are working well for you, there's every reason to keep them in your routine.

But if you find yourself repeatedly working on the same tight spots without making the progress you'd hoped for, perhaps it's worth exploring another approach rather than automatically doing more of the same.

Fasshaa offers something different from the recovery tools you may already be familiar with.

Designed around a whole-body view of fascia and inspired by tensegrity, it gives you another option to explore alongside the practices you already enjoy.

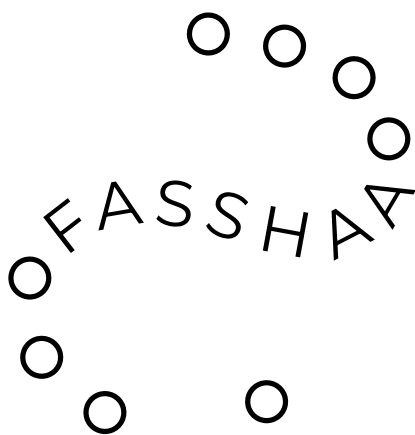
It takes just a few minutes, can be used while you're comfortably seated and fits easily into your day. You don't need to completely overhaul your routine to make room for something different.

Interested in exploring Fasshaa as part of your mobility and recovery routine?

Visit fasshaa.com to discover the Fasshaa® Fascia Release Tool, watch our how-to videos and explore more of our free Fasshaa Guides.

Because when movement feels better, life feels better.

FASSHAA® | The Fascia Release Tool



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