

FASSHAA GUIDES

RUNNERS & WALKERS

Love running or walking, but tired of the same tightness and stiffness? Discover a different approach to keeping your body moving.



FASSHAA®

Living well begins here

When your body isn't quite **keeping up** with you

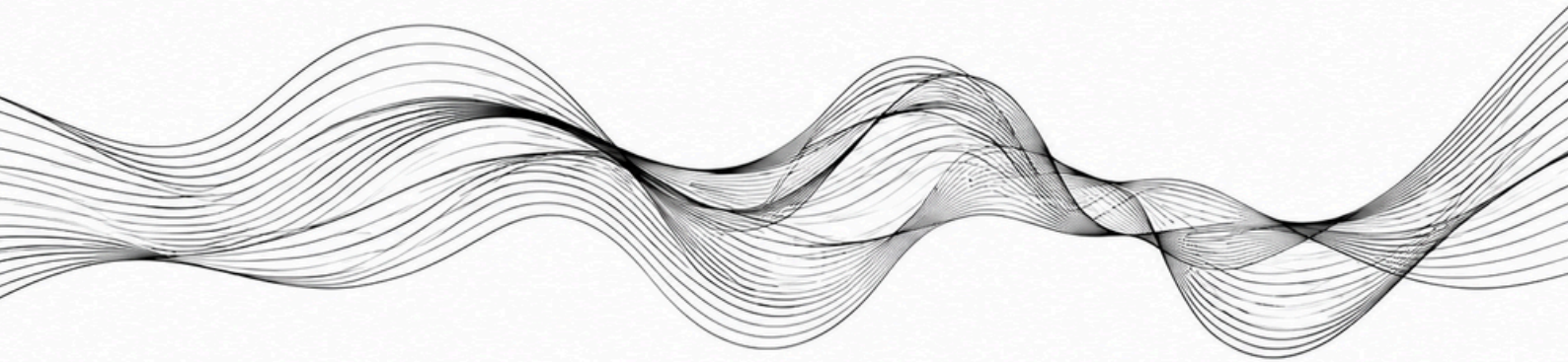
Whether you're heading out for an early morning run, walking the dog, training for an event or simply enjoying a good long walk, there's something pretty satisfying about getting outside and moving.

You might love the headspace it gives you, the feeling of being fitter and stronger, or the simple pleasure of getting from A to B under your own steam.

But some days, your body doesn't feel quite as enthusiastic as you are.

Your calves might seem permanently tight, your hamstrings take a while to loosen up or your lower back starts complaining after a certain distance.

And sometimes it's something seemingly unrelated, like waking up with a sore neck or shoulders the day after a long run, without realising the two could be connected.



And if you're a regular runner or walker, chances are you've already tried doing something about it. Stretching, strengthening, foam rolling, changing shoes or giving yourself a little more recovery time.

Sometimes these things help enormously, but other times the same issues keep coming back, especially when you start increasing your distance.

***So what's going on when you're doing something that's good for your body,
but parts of it don't seem particularly happy about it?***

(it could be related to your fascia)

When the kilometres add up, so do the demands on your body

Have you ever noticed that you can comfortably walk or run a certain distance, but once you go beyond that, the familiar aches, tightness or restrictions start making themselves known?

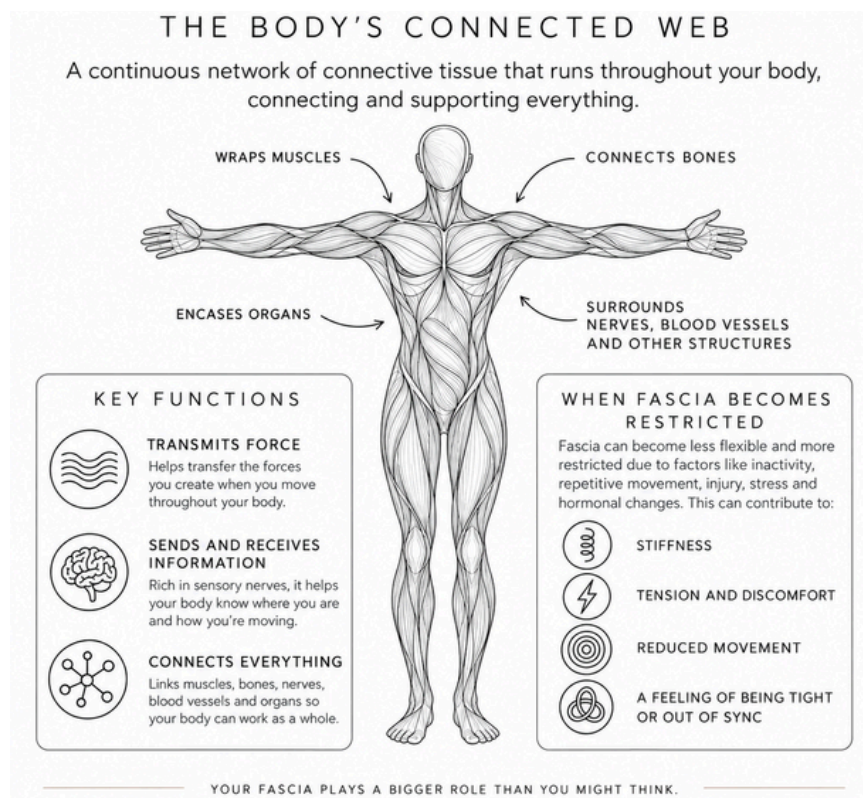
You might feel great over 5 km, but by 8 or 10 km your hips are tightening up, your calves are complaining or your lower back is starting to ache. For runners training towards a half or full marathon, these issues can become particularly frustrating as the distances increase.

Walking and running involve thousands of repeated movements, with your feet, ankles, knees, hips, pelvis and spine all working together to absorb and transfer forces with every step.

And here's where things get interesting.

If one area isn't moving particularly well, your body may adapt by changing how other areas work. You might favour one leg slightly, rotate differently through your hips or alter your stride without even realising it.

These compensations aren't necessarily a problem. They're part of how your body adapts. But as the kilometres add up and fatigue sets in, certain movement patterns can place additional demands on other muscles and tissues.



What felt perfectly manageable over a shorter distance can become more noticeable after thousands of repetitions, especially if you've increased your training or walking distance faster than your body has adapted.

Your fascia system plays a role here too, helping support and transmit forces between muscles and other structures as you move.

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

Why the hands and feet

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.

The Fascia Connection:

Fascia forms a continuous network throughout your body.

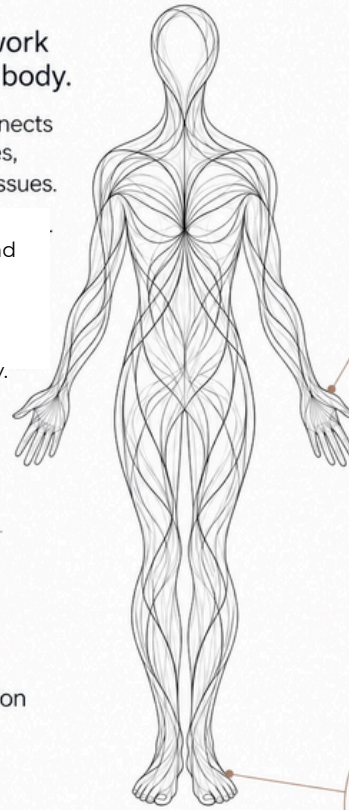
It surrounds and connects everything — muscles, bones, organs and tissues.

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.

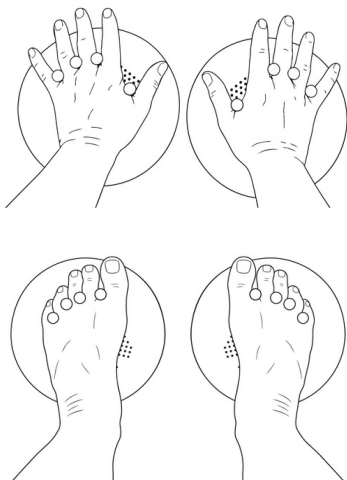


FEET

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?

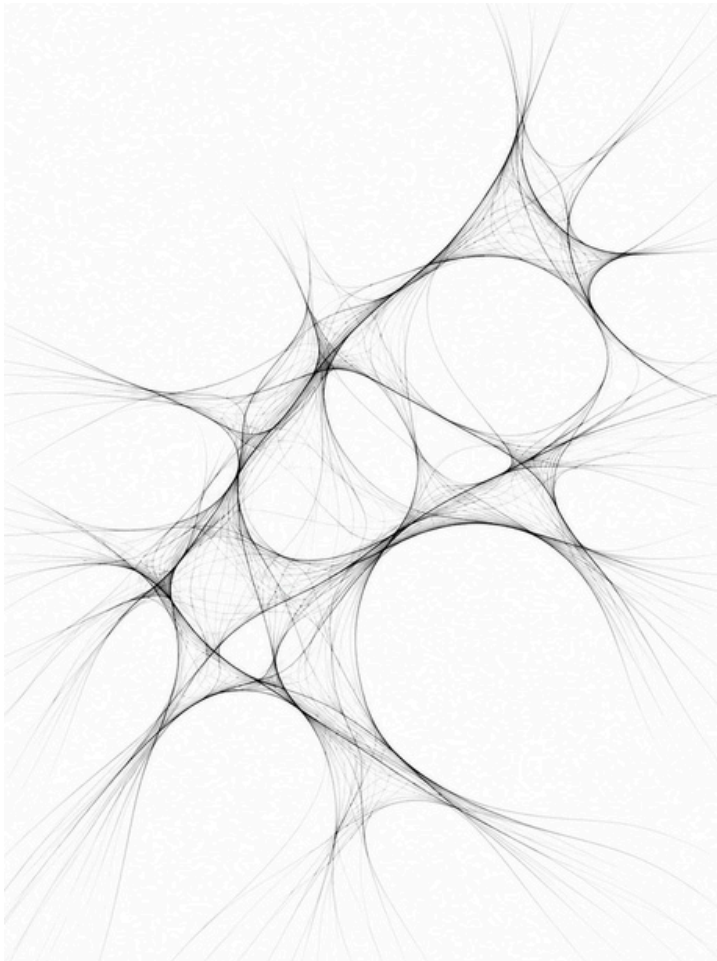
Why do old injuries seem to make themselves known again?

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

Keep doing what you love

Recurring injuries, tightness and those familiar niggles can be incredibly frustrating, especially when they start dictating how far you walk, hike or run, or how much recovery time you need afterwards.

Whether you're getting out for your own enjoyment or training for an event, the last thing you want is to spend more time managing discomfort than doing what you love.

If you've already tried stretching, strengthening, massage and the usual recovery strategies, Fasshaa offers a different approach inspired by the interconnected nature of your body's fascia system.

It's a simple addition to your existing routine, giving you another option to explore without adding more time and effort to your recovery.

Less time managing the niggles. More time doing what you love.

Curious about another approach to your mobility and recovery?

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

Because when movement feels better, life feels better.

FASSHAA® | The Fascia Release Tool



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