

FASSHAA GUIDES

SUPPORT YOUR BODY BETWEEN APPOINTMENTS

Regular physio, chiro, osteo, acupuncture or massage?
Discover a quick, easy way to complement your care and
support your body's fascia system between visits.



FASSHAA®

Living well begins here

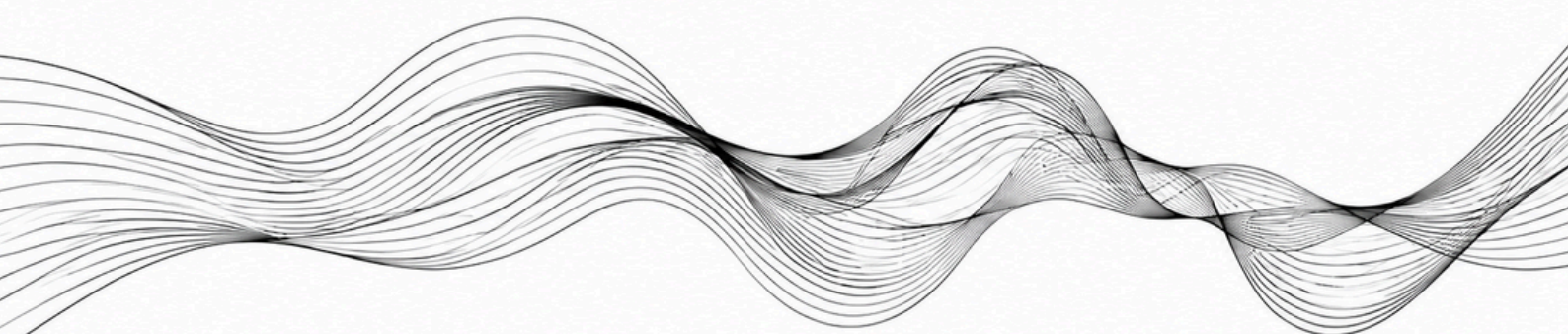
When the **discomfort** keeps coming back

You see your physio, chiropractor, osteopath, acupuncturist or massage therapist regularly.

Perhaps it's for a persistent neck or back issue, tight muscles, restricted movement, or a combination of things that seem to need ongoing attention.

You might walk out of an appointment feeling noticeably better, with less tension and a little more freedom to move.

But then life carries on. You're back at work, sitting, standing, driving, exercising, doing jobs around the house and generally getting on with your day.



And before you know it, some of that familiar tightness or discomfort starts creeping back.

When you're having regular appointments, it's understandable that you'd like the benefits to last as long as possible, particularly if you're managing several different issues.

So what can you do in between visits to help support the progress you're making?

That's where having something quick, easy and practical to use at home could be a welcome addition to the care you're already receiving.

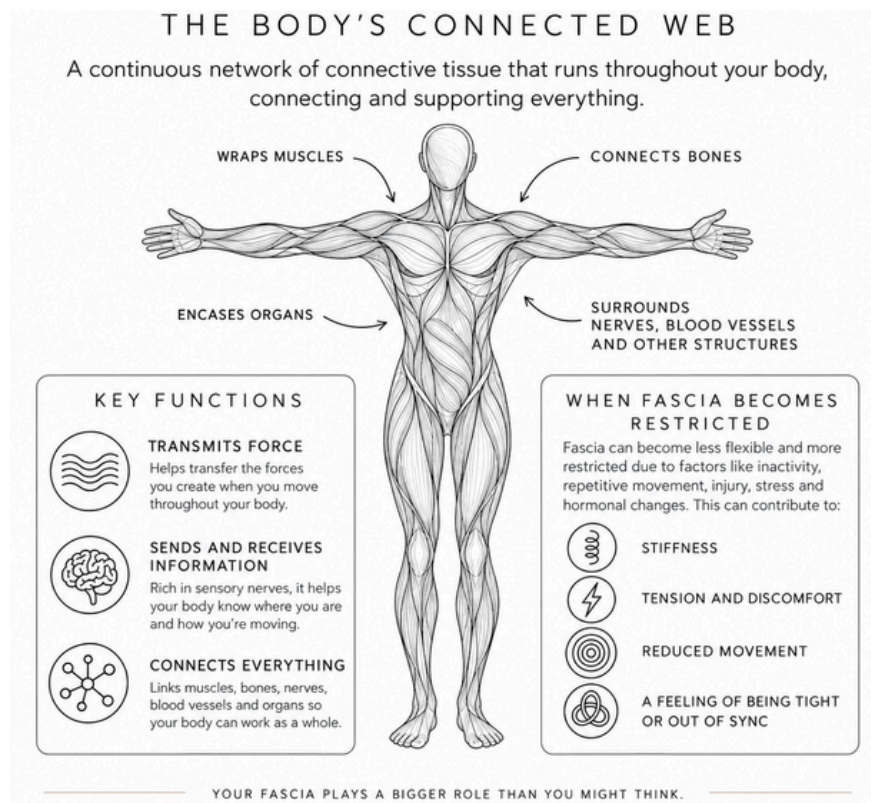
*So why does that familiar tightness or discomfort keep coming back,
no matter what you do?*

(it could be your fascia)

There's more to **consider** than the area that hurts

When your neck is tight, your back is sore or your shoulders feel restricted, it's natural to focus on the area that's bothering you. After all, that's where you're feeling the discomfort.

But your body doesn't operate as a collection of separate parts. It's all connected through an incredible network of tissue called fascia, which plays an important role in how your body moves and functions as a whole.



So, what exactly is fascia?

Fascia is a continuous, three-dimensional network of connective tissue that surrounds, supports and connects your muscles, bones, nerves, blood vessels and organs. It helps transmit forces throughout the body and plays an important role in movement, stability and how different areas of your body work together.

Think about how you move throughout an ordinary day. Reaching, bending, twisting, walking, lifting and even maintaining your posture involve multiple areas of your body working together.

While you might feel discomfort in one particular spot, there can be several contributing factors, including how different parts of your body move and interact. That's why looking beyond the area that's bothering you can sometimes offer a broader perspective. Injuries, joint conditions and persistent pain can have a number of contributing factors, which is why the care you're already receiving can be so valuable. Fascia is another part of that bigger picture, and understanding how it connects and supports different areas of your body may help you see why looking beyond the spot that's bothering you makes sense.

Rather than focusing exclusively on where you feel discomfort, what if you also considered how your body is functioning as a whole?

That's where Fasshaa offers a different approach.

What about the days between appointments?

Your practitioner may already have recommended exercises, stretches or changes to your everyday habits to help you manage your physical issues. And while you know these things can be beneficial, fitting everything into an already busy week isn't always easy.

Especially when you're juggling several different issues, regular appointments and everything else life throws at you.

So, wouldn't it be useful to have something simple you could do for yourself between visits, without needing another lengthy routine or a whole lot of equipment?

That's the philosophy behind Fasshaa. Fasshaa is designed to make supporting your body's fascia system a quick, easy part of everyday life. Something you can do while watching television, listening to a podcast or simply taking a few minutes for yourself.

It's not about replacing your regular care or the advice you've been given. It's about having another practical option to complement what you're already doing, with a focus on supporting your body as a whole.

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.

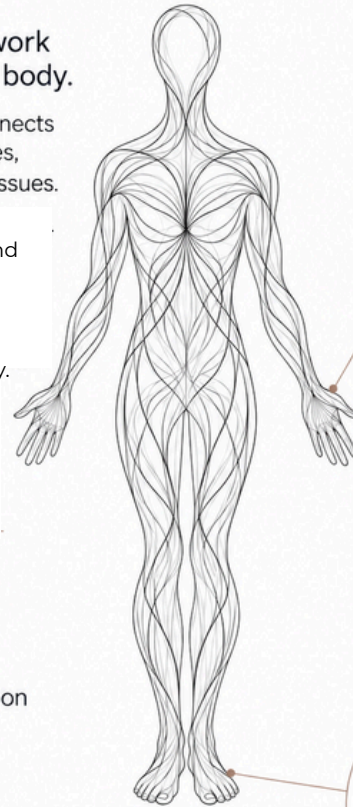
HANDS

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



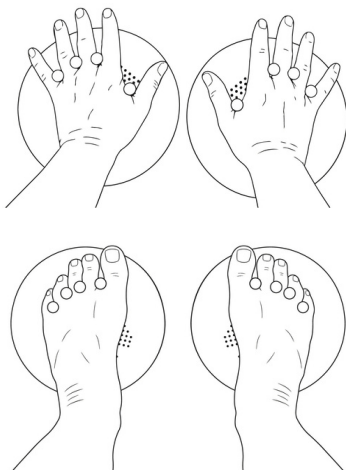
FEET

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 when something is easy to fit into your day, you're far more likely to do it regularly.



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?

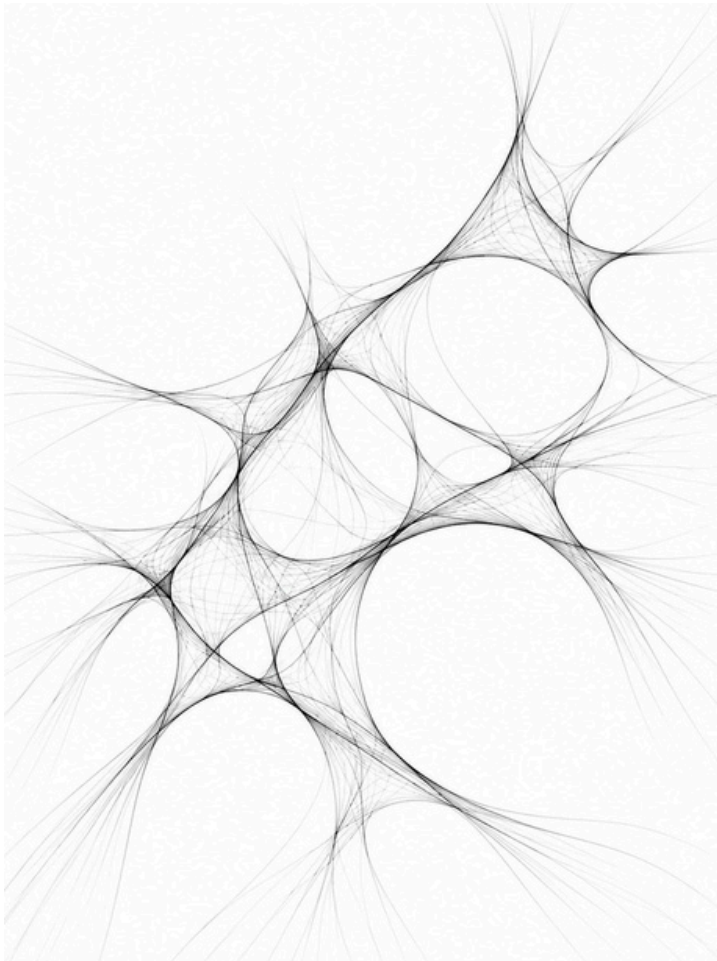
Why do old injuries seem to make themselves known again?

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

Keep doing what you love. And make more of **what you want to do possible.**

When you're having regular appointments for ongoing aches, pain or restricted movement, ideally you'd like to see those improvements carry through into everyday life, rather than just feeling the benefits for a few days after each visit.

That's why having something you can easily incorporate into your day, whether you're at home, at work or travelling, gives you another way to complement the care you're already receiving. Your appointments are one part of looking after your body. What you do between them is another.

Discover how Fasshaa could complement the care you're already receiving and become part of your everyday routine.

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

It's another way to support your body beyond your regular appointments, with the flexibility to use it wherever and whenever it suits you.

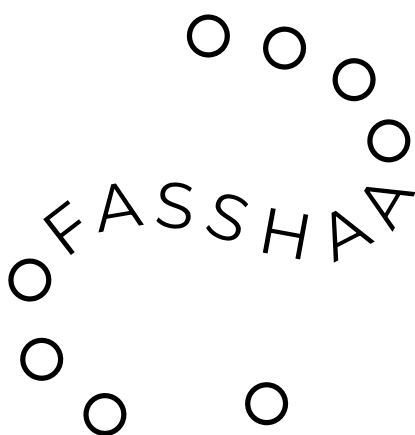
Curious about Fasshaa?

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

fasshaa.com

Because when movement feels better, life feels better.

FASSHAA® | The Fascia Release Tool



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