



Fascial Link Frequently Asked Questions

1. What is a fascial link, and what is Fascial Link Therapy?

A fascial link is a soft tissue relationship between different fascias in the body. The superficial fascia we work with is a type of soft tissue found under the skin that also wraps nerves and muscles. Deeper fascia wraps into organs, and can technically include blood and bones. We address primarily superficial fascia in Fascial Link Therapy. Fascia is also used for maintaining our bodily structure, spreading load across tissues from standing, sitting and all our activities, and for connecting different areas of the body. Fascial Link Therapy addresses these tissues via hands-on techniques, including the Dual Release technique, Medial-Lateral Compression, and tuning of the related energy systems.

2. Can you treat a local area?

Evaluating the postural imbalance and fascial thicknesses in the at both the local and related areas Is needed to address a local area of pain. Fascial Link Therapy by definition addresses the compensating tissues as well as a specific area of tightness or pain. Sometimes the related fascial linked areas are in another part of the body. Tightness in fascia is usually affected by or a factor of activities, ergonomics, gravity, genetics, emotional or repetitive stress.

3. Why do the aches or pains in my feet have anything to do with my back?

Since the body rests on the feet, the entire load on the musculo-skeletal system starts at the feet and goes up to the head. It is impacted by gravity, joint flexibility and stress. The feet are the foundation for a healthy posture. Like concrete forms the foundation of a home, a Fascial Link Therapist considers the feet to be the foundation of the body's posture. The structures above the concrete base of a building include framing and drywall, and the structures above the feet in our bodies include bones, muscles, fascia, organs, nerves and vessels. The feet are the foundation for any pain or discomfort above them, and contribute to the balance and stability of the body.

4. Do all people have fascial links?

Yes!

5. Do I have all of the fascial links?

The human body has many variations. Most people have some fascial links, and some have nearly all of them. Stressors such as ergonomics, self-care exercises such as strength training, cardiovascular exercise, and stretching also have a big impact on these soft tissues. Very flexible feet change the foundation of the body, so those with more flexibility in the feet usually have more muscular and fascial compensation in the body and more fascial links. Athletes stressing tissue and those with neurological and musculoskeletal challenges such as chronic pain, fibromyalgia, cerebral palsy, ALS, RSD, cystic fibrosis, and other conditions also tend toward tighter tissues and have more fascial links.

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Those people that work to balance tightness in the body with stretching of tight muscles and strengthening of weak muscles tend to have fewer fascial links. While we all have the same basic structure, which fascial areas are tight varies from person to person.

6. **Can stretching help?**

Absolutely! Stretching allows the soft tissues of the body to get better circulation, especially when used in combination with heat from heating packs or pads, showers, baths or even hot weather! Pressure therapies like Fascial Link Therapy can also balance tissues, and these activities work great in combination.

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