## Functional Fascia Lines

- Superficial Front Line / Posture
- Superficial Back Line / Posterior Posture
- Lateral Line (2 sides) / Stability during lateral and rotational movement
- **Spiral Line** / Control Rotation
- Functional Lines (2–front and back) / Movement Drivers of the Spine
- **Deep Front Line** / Guides and Directs
- Arm Lines (4) / Push and Pulling



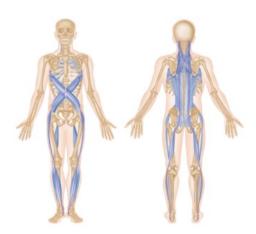
Superficial Front Lines



Superficial Back Lines



Lateral Lines



Spiral Lines



**Functional Lines** 







Arm Lines