

# 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



Deep Front Lines



Arm Lines