

1. What is Fascia?

You know the **thin white pieces of skin on raw meat**? This is what is known as fascia. At first glance, these virtually transparent, thin, milky-white pieces of skin don't seem particularly spectacular.

The word fascia comes from Latin and means something akin to band, bundle or bandage. We usually just refer to it as **connective tissue**.

Your fascia is made of of **collagen fibres, water and elastin** and is a mere 0.5 to 3 millimetres thick. Your fascia envelops your entire body: muscles, organs, blood vessels, bones, ligaments, tendons and even your brain. Without this **mesh-like connective tissue**, your body would simply collapse.



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Multiple continuous **fascial lines** run throughout your body. They consist of a chain of muscles, tendons and fasciae. They are responsible for all your **movements**.

The fascia can be divided into 3 groups:

- **Superficial fascia:** This is **part of your subcutaneous tissue and** connects your organs and your tissues. It envelops your vessels, nerves and glands, and stores fat and water.
- **Deep fascia:** This refers to the **thickest layers of connective tissue** surrounding and connecting your muscles, bones and joints. Deep fascia responds to chemical and mechanical stimuli and is also known as the sixth sensory organ.

- **Visceral fascia:** This envelops and protects your organs, holding them securely in place.

Key takeaways:

This mesh-like connective tissue envelops your organs, muscles, vessels, bones, tendons and ligaments, holding our bodies together and keeping all our body parts in place.

2. Functions and Tasks

The fascia has a **number of different functions** in your body. These include:

- **Separating function:** separates muscles and organs from one another and from the surrounding tissue and bone. It keeps everything in place and prevents friction between muscles.
- **Transferring power:** transfers power from muscle to muscle.
- **Energy storage:** can store and release energy like a spring.
- **Transport and supply function:** they use the lymphatic system to transport products responsible for breaking down and rebuilding cells^[1].
- **Protective function:** they envelop and protect organs and muscles.
- **Immune function:** being part of the connective tissue, they protect your body from foreign bodies.
- **Storage function:** they serve as a storage medium for water.
- **Communication function:** between vessels and nerves.
- **Flexibility:** are responsible for your overall flexibility.
- **Sensory organ:** respond to mechanical and chemical stimuli and relay them to your brain.
- **Shock absorption function:** absorb the shock of forces acting on the body.
- **Moulding and shaping your physical appearance.**
- Influencing your **physical and mental well-being.**



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Key takeaways:

Fascia has a protective and separating function. They are involved in the process of transferring and generating energy. Have an impact on your overall agility and physical appearance. Serve as a medium to store water and protect your body from foreign invaders.

3. Why Does the Fascia Stick Together?

When fascia gets stuck together, it is not only painful but may also lead to **tension** and an increased **risk of injury**.

This has a **variety of causes**. Fascia usually sticks together more as you get older. As the amount of water fascia contains gradually decreases, so, too, does its elasticity.

Dehydration in general causes your fascia to stick together.

However, one of the main reasons for this phenomenon is **not enough exercise** and **poor posture**. Spending too much time sitting in one place will restrict lymphatic flow. This reduces the body's ability to transport lymph, which acts as a kind of adhesive, around the body and, e.g., to heal wounds.



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Constant stress and **lack of sleep** mess up your hormonal balance. More stress hormones are released into the body, putting your fascia under constant tension. **Too much acid** in your body caused by a **poor diet** can also severely affect your fascia. The shape of your fascia begins to change. Your **connective tissue** becomes **gelatinous**. It can no longer carry out its movement and transport functions properly. This leads to the **build-up** of **deposits**.

The result: your fascia sticks together.

4. Impact On Your Health

If fascia can no longer perform its tasks properly, this has **far-reaching consequences** for your entire body, affecting muscles, ligaments, tendons, joints and organs. Your **connective tissue loses flexibility**. Back pain, shoulder pain, neck pain, joint pain and tendon irritation or inflammation are often the result.

Impact on your muscles

It is not only your muscles that are responsible for your movements. Your fascia plays a key role here, too. If you have hardened fascia, your **flexibility will be restricted**. You will be more **prone to injury** both in everyday life and when you exercising.



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Your training will be less effective because you cannot train the full range of motion. The result is **muscle tension**. You will then have a higher risk of adopting **incorrect or adaptive postures**.

Impact on your organs

Connective tissue that has become matted up can **pinch your nerves** and cause **severe pain**. Your **blood vessels** are no longer able to transport as much blood. These constrictions will impair communication between your nerve cells and your brain.

Normal **lymphatic flow** is disrupted. Side effects include, for example, **swollen eyes**, **heavy legs**, swelling and chronic illnesses.

The supply of oxygen and other vital substances to your **organs** is disrupted. **Harmful substances** can no longer be transported away from your organs properly. If your organs are not adequately supplied over a longer period of time, they will stop working properly, leading to **heart, respiratory and digestive problems**.

Key Takeaways:

A lack of water and exercise will cause your fascia to stick together. Your mobility will become restricted. You will become more prone to injuries. Sticky adhesions that form between fascial surfaces cause muscle tension and nerve pain. The supply of vital substances to your organs will deteriorate, at worst resulting in organ failure!

5. Relieving Fascial Adhesions - Fascia Training and Exercises

Healthy, correctly trained fascia protects your muscles **from injury** and helps keep your body in shape. Training **tightens** your **connective tissue**. Your ligaments and tendons become more resilient. Training prevents the occurrence of ailments such as **back pain** and **shoulder pain**. It can even reduce painful friction in your joints.

Fascia can adapt to stresses and stimuli. It can be trained in different ways to release sticky adhesions and reduce hardening. **Training** your connective tissue **takes time**. The fascia takes longer than your muscles to adapt to stress stimuli. Training renews connective tissue fibres and rebuilds the structure of your fascial network. This process can take up to **several months**.

Fascia exercises

In addition to classic fascia therapies offered by physiotherapists and osteopaths, there are still plenty of things you can incorporate into your own training routine.



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#1 Stretching

One option is **long-chain** and **dynamic stretching**. You are not just stretching one muscle, but a group of muscles. During your stretching routine, perform **light swinging movements**. This keeps the fascia supple and elastic, thus reducing the **risk of injury** in everyday life and during exercise.

#2 Jumping movements

Elastic bouncing movements such as **hopping** and **jumping** also train your fascia. These movements stimulate **collagen production**, thus strengthening your connective tissue.

#3 Fascia rolls and massage therapy

Massages, for example using a fascia roll, can also help support renewal. Fascia roll massage stimulates both the cells in your connective tissue and blood circulation. The movement of the roll acts like a “**sponge-wringing**” and induces an exchange of fluids in the connective tissue.



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Our tip: Using a fascia roll can be very painful. Do not continue rolling if it becomes too painful. Get advice about how to use it properly.

#4 Fascia yoga and Pilates

Yoga and Pilates are also great for taking care of your fascia because of their **elastic**, **complex** and **stretching exercises**.

Fascia training plan

Are you now wondering how you can incorporate fascia training into your everyday life and your muscle workout? Don't worry – your fascia doesn't need **a long workout**. Short routines will suffice.



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You can include **dynamic stretching exercises** into your **warm-up** routine before your workout. After your workout, why not do a quick session with your **fascia roll**. Or just incorporate a few **jumping** or **bouncing movements** into your daily routine. For example, while waiting for the [tram](#)^[2], bus or train, all you have to do is jump on the spot a few times.

Key takeaways:

Fascia training takes no more than a few minutes. Stretching exercises, jumping movements, massages, fascia rolls, fascia yoga and Pilates are all beneficial to your fascia.

6. The Influence of Diet – Nutrition Tips

As with weight training, the exercise itself is just one side of the coin. You will get the best results if your nutrient intake matches your exercise goals.

An unhealthy diet can lead to hyperacidity of the fascia. Eat more **alkaline foods**. They help **renew** your **connective tissue** and neutralise hyperacidity. Alkaline foods include lettuce, vegetables, fruits, coconuts, herbal teas, etc.

The fascia is made up of collagen, a **structural protein**. If you have a **protein deficiency**, your fascia tissue will cease to perform its key functions. Your connective tissue cannot regenerate, heal and grow by itself. Proteins are not only good for your muscles, but also for your fascia.

Our tip: Are you struggling to get enough protein? Our Whey Protein provides you and your body with 24 grams of protein per serving. Our Vegan Protein gives you 20.7 grams of protein per serving.

SAY (W)HEY!

OUR VEGAN PROTEIN TIP

To produce collagen, your body also needs **lysine**, one of the essential **amino acids**. This can be found, for example, in wholemeal products, walnuts, quinoa, buckwheat and dairy products.

You should also not forget to get a good supply of micronutrients. Zinc and vitamin C are also involved in collagen production, for example.

Your connective tissue consists of up to **75%** water. Drink at least **2-3 litres** of pure water a day to keep your tissues optimally hydrated.

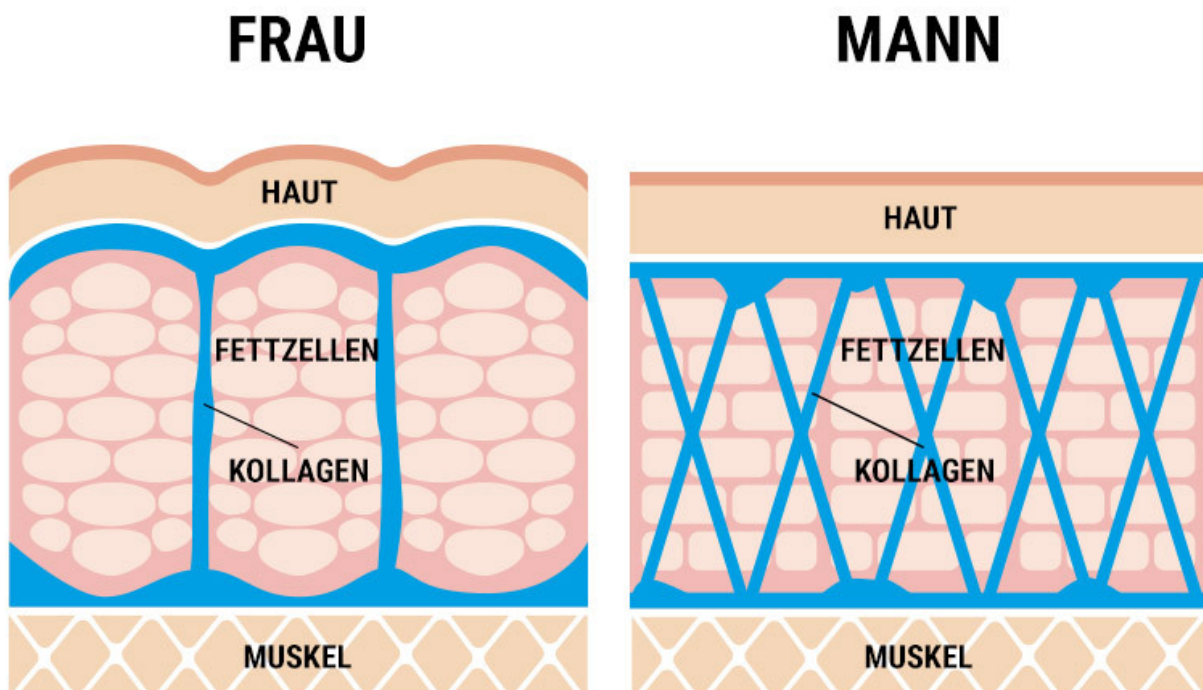
Key takeaways

Combine training with nutrition. Make sure you maintain your acid-base balance. Consume sufficient micronutrients, such as vitamins, minerals and trace elements. Drink 2-3 litres of water each day. Ensure your body gets complex carbohydrates, healthy fats and enough protein.

7. Fascia Training for Weak Connective Tissue – Cellulite

Cellulite, dented or orange-peel skin is caused by a combination of genetic conditions, weak connective tissue and **fat deposits**. But why do women have more cellulite than men?

This is due to the structure of the fascia. In **men**, the fascia has a criss-cross structure, while in **women** they are arranged in parallel columns. These parallel columns make women's connective tissue more susceptible to **cellulite**. Fat cells can push up through the columns causing **bumps** and **dents** to appear in the skin.



Frau = Women

Mann = Men

Haut = Skin

Fettzellen = Fat cells

Kollagen = Collagen

Muskel = Muscle

Dedicated fascia training will **stimulate** your **connective tissue**, producing **more collagen fibres**. Your connective tissue will become stronger and firmer. The fat cells will find it more difficult to push upwards. The combination of weight training, fascia training and nutrition can **reduce cellulite** and improve the **appearance of your skin**.

Key takeaways

Female connective tissue is structured differently to that of men, making their skin more prone to bumps and dents. Fascia training tightens your connective tissue and can reduce cellulite.

8. Conclusions

- The fascia holds us together like a mesh, shaping our appearance.
- Fascia has many important functions in the body.
- Fascial adhesions and hardened fascia can have a huge impact on your body.
- You can train your connective tissue with stretching, jumping, bouncing exercises, massage, yoga or Pilates.
- Fascia training can easily be integrated into your daily routine.
- Eat good carbohydrates, healthy fats and plenty of protein.
- Make sure you get a good supply of micronutrients.
- Fascia training can reduce cellulite.