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Fascia in Sport and Movement is divided into two well laid out sections. The first section discusses the research and theories of fascia as they pertain to force transmission, biochemistry, elastic storage, recoil dynamics, stretching, etc. The second section addresses the clinical applications of fascia training.

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Understanding of connective tissue has greatly increased in recent years in physiotherapy, sports science and medicine. Muscular connective tissue - known as fascia - plays an important role in health, well-being and mobility, as it transmits the power of the muscles, communicates with the nervous system and serves as a sense organ.

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beautiful body shape. Connective tissue can work in the same way as your other muscles, responding to stress and nerve signals and, if it gets tangled or glued together, causing pain and problems with movement.

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FASCIA in Sport and Movement provides sports coaches, movement teachers and manual therapists with the latest research on fascia in an accessible format. The book shows how an understanding of fascia's structure and function may inform your clinical practice.

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This is the first book to explain normal and abnormal fascia in the context of sport and movement. It describes the basis of fascia and how an understanding of this tensional network can assist in managing clinical problems.

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