



# **FASCIA: Clinical Applications for Health and Human Performance**

*Mark Lindsay*

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# FASCIA: Clinical Applications for Health and Human Performance

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## **FASCIA: Clinical Applications for Health and Human Performance** Mark Lindsay

Health practitioners and body workers need a firm understanding of the significance of fascia in human performance. The role nutrition plays in fascial health, how injuries and diseases influence fascia, and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance. This book starts with a basic overview of fascia and its biological underpinnings, and progresses through clinical treatment applications, nutritional and pharmacological support information, and techniques for managing fascial conditions and injuries.

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