**Fascia new or old structure**

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***Abstract:***

Theoretical foundations: Fascia as structure is well known since the old anatomists started with first dissections in Anatomical Theatre in Padua in the end of the thirteenth century. Three-dimensional tissue different scientists divide and name under different names in order to explain this magnificent structure and its role as good as possible. A fibrotic collagen contractile organ has a big influence in force transmission, maintenance of the body posture and alignment, muscle, visceral, proprioceptive, hormonal and many other functions of the body. Adaptability of fascia can be both positive and be negative at the same.

Goals: The possibility of remodeling the fascia with exercises.

Method: Literature review of Fascial Fitness® principles.

Results: Plasticity of fascia enables regaining of elasticity. In that way fascia can restore kinetic energy and influence on collagen synthesis and relationship between collagen and elastic fibres. With all three types of fascial stretch tensegrity can be established. Fascial release is important to hydrophobic and hydrophilic fascial fibbers components. Since fascia can be considered as our 6th sense, with sensory refinement an influence on our mechanoreceptors and free nerve endings can be achieved.

Discussion:With our manual techniques we are able to influence on hyper production of hyaluronic acid and on glukozaminoglikan and water in ground substance in fascia. Proprer exercises can impact on parallel, extra and serial fascial elements in ligaments and tendons and induce the change in connective tissue.

***Key words:*** *fascia, fascial fitness ®, exercise*

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