

FASCIA

Meaning: Fascia is a band or sheet of connective tissue that surrounds, supports, and connects muscles, organs, and other structures in the body.

1. The fascia surrounding the muscles plays a crucial role in maintaining structural integrity.
2. In anatomy class, we learned how fascia connects and supports various organs in the body.
3. Athletes often stretch to keep their fascia flexible and reduce the risk of injury.
4. The surgeon carefully dissected the fascia to access the underlying tissues during the operation.
5. Fascia can become tight and lead to discomfort if not properly addressed through movement and therapy.

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