The effects of a fascia manipulation device on subcutaneous fat tissue in middle aged women

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Abstract

Research suggests that mechanical manipulation of fascia provides a non-invasive method to treat cellulite. However, there is no unified apparatus that has been studied for fascia targeted cellulite treatment. The purpose of this study was to investigate one such device (FasciaBlaster®, Ashley Diana Black International Holdings, LLC; Houston, TX). 33 middle aged women with thigh cellulite were instructed on proper fascia treatment (FT) procedures (5 days per week) for 12 weeks. Subcutaneous adipose thickness (SAT) via ultrasonography was examined in 4-week intervals. SAT thickness was lower from baseline at Wk4 (2.13±0.11 vs. 1.95±0.11 cm; $p<0.01$), Wk8 (2.13±0.11 vs. 1.86±0.11 cm; $p<0.001$) and Wk12 (2.13±0.11 vs. 1.86±0.11 cm, $p<0.001$). The present study provides evidence that a non-invasive protocol, which treats the fascia, can decrease SAT and lower the appearance of cellulite in middle aged females over 12 wks. These results indicate that the FT protocol may be a viable tool in treating cellulite.

Biography

Bart Jameson has completed his Bachelors of Science in Exercise and Sports Sciences from Texas Tech University and Postgraduate studies from Texas Tech University Health Sciences Center, where he has completed his Masters in Athletic Training. He is the VP of Research and Performance Sciences for ADB Innovations, LLC, which produces fascia therapy devices such as the FasciaBlaster. He is a Certified Athletic Trainer (ATC) and a Strength and Conditioning Specialist (CSCS) with experience in NCAA and the NFL.

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