

## **Alison Slater abstract**

### *Fascia and its intricacies – the Blackroll approach*

Fascia and its intricacies have long been the domain of the Bowen therapist. Based on the latest research insights by Dr Robert Schleip and an ever-growing international fascia community, the true potential of connective tissue is only now being realised. Its role in proprioception, and therefore optimal movement and wellness is undeniable. BLACKROLL™ offers fascia-based education, offering a gamut of training and rehabilitation tools, making self-help both attractive and accessible, and an essential adjunct to a range of therapeutic interventions.

With an understanding of the importance of fascial health, and indeed the impact of dysfunction with-in this critical system, the BLACKROLL™ approach can only enhance the effects of your treatment, embracing self-efficacy and patient empowerment to promote personal responsibility and body awareness with a view to injury prevention and optimal health.