Diabetes and Fascia Health with Dr Emily Splichal Transcript

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Diabetes and Fascia Stiffness

Did you know that diabetes does not just affect your blood sugar, it also affects your fascia. Elevated blood sugars can cause fasciitis to stiffen and lose its elasticity.

This means that the tissue that should glide and support your movement becomes restricted.

How Fascia Affects Mobility and Injury Risk

Over time, this stiffness in your fascia will negatively impact your mobility, balance, and even increase your risk of injury. When we think about diabetes management, we often focus on diet, medication, but movement and fascia health are just as important.

Movement and Fascia Health in Diabetes

By keeping your fascias stimulated, hydrated, and active, We can help prevent mobility decline and maintain your body's ability to move with strength and confidence.

even when you're living with diabetes. It's another powerful reminder that our fascia is more than just passive connective tissue.

Fascia as Part of Movement Intelligence

it is part of our movement intelligence and it's essential to longevity. Learn more about the power of your fasci at TheFunctionalFootDoc.com