

References: Release Your Fascia, Drain Your Lymph, Lose Fat?

Albertin, G., Astolfi, L., Fede, C., Simoni, E., Contran, M., Petrelli, L., Tiengo, C., Guidolin, D., De Caro, R., & Stecco, C. (2023). Detection of lymphatic vessels in the superficial fascia of the abdomen. *Life*, 13(3), 836. <https://doi.org/10.3390/life13030836>

- The fascial and lymphatic systems ... the subcutaneous fascia.
- It is biologically plausible ... and functionally connected

Cleveland Clinic. (2026). *Chyle*. Retrieved September 21, 2026, from [Cleveland Clinic — Chyle](#)

- But these fats are not the same as your stored body fat.

Cleveland Clinic. (2026). *Lymphatic system*. Retrieved September 21, 2026, from [Cleveland Clinic — Lymphatic System](#)

- Lymph 101

Gao, Y., & Gao, D. (2026). Myofascial release and fascial-targeted mechanical interventions in musculoskeletal rehabilitation: Mechanisms, modalities, and integrative physiology. *Frontiers in Physiology*, 17, 1801306. <https://doi.org/10.3389/fphys.2026.1801306>

- Manual fascial techniques may also improve outcomes such as pain and range of motion, where the evidence is considerably better established.
- The evidence for structural fascial change ... documented.

Gatt, A., Agarwal, S., & Zito, P. M. (2023). Anatomy, fascia layers. In *StatPearls*. StatPearls Publishing. [PubMed](#)

- Its role ... vessels

Hughes, E., Koenig, J., Lee, R., McDermott, K., Freilicher, T., & Pitcher, M. (2022). Pilot study assessing the effect of Fascial Manipulation on fascial densifications and associated pain. *European Journal of Translational Myology*, 32(1), 10369. <https://doi.org/10.4081/ejtm.2022.10369>

- And there are early indications that some manual techniques may affect fascial densification
- The fascial system ... vessels
- There are some intriguing early findings. One small pilot study, ...

Lin, W. C., Safa, B., & Buntic, R. F. (2022). Approach to lymphedema management. *Seminars in Plastic Surgery*, 36(4), 260–273. <https://doi.org/10.1055/s-0042-1758691>

- There is evidence that poor lymphatic flow ...densification-like changes

Stecco, A., Cowman, M., Pirri, N., Raghavan, P., & Pirri, C. (2022). Densification: Hyaluronan aggregation in different human organs. *Bioengineering*, 9(4), 159. <https://doi.org/10.3390/bioengineering9040159>

- Densification ... each other
- Fascial densifications have been suggested ...altered biomechanics
- Fibrosis may result from trauma, ... chronic densification
- repetitive loading, ... associated with densification

Sung, C., Wang, S., Hsu, J., Yu, R., & Wong, A. K. (2022). Current understanding of pathological mechanisms of lymphedema. *Advances in Wound Care*, 11(7), 361–373.

<https://doi.org/10.1089/wound.2021.0041>

- Pathological changes in the tissues surrounding lymphatic vessels could feasibly affect lymphatic function
- This may occur if lymph vessels are damaged or destroyed, formed abnormally or obstructed.
- There is evidence that poor lymphatic flow ...densification-like changes

Ugwoke, C. K., Cvetko, E., & Umek, N. (2022). Pathophysiological and therapeutic roles of fascial hyaluronan in obesity-related myofascial disease. *International Journal of Molecular Sciences*, 23(19), 11843. <https://doi.org/10.3390/ijms231911843>

- Manual fascial techniques may also improve outcomes such as pain and range of motion, where the evidence is considerably better established.
- Fascia is connective tissue that surrounds, supports and separates structures in the body, including muscles, blood vessels and organs.
- Densification ... each other
- **Fibrosis** is different ... disease
- The evidence for structural fascial change ... documented.