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

Bart Jameson, Ashley Black and Jacob Wilson
ADB Innovations-LLC, USA

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 week-4 (2.13±0.11 vs 1.95±0.11 cm; $p<0.01$), week-8 (2.13±0.11 vs 1.86±0.11 cm; $p<0.001$) and week-12 (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 weeks. These results indicate that the FT protocol may be a viable tool in treating cellulite.

Biography

Bart Jameson has completed his Bachelor 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 Master's 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 and a Strength and Conditioning Specialist (CSCS) with experience in NCAA and the NFL.

bjameson@ashleyblackguru.com

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