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Getting the spring back in your step One of the most inspiring aspects for movement and sports practitioners,

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within this rapidly advancing field of new scientific revelations about fascia is the ability of tendons and aponeuroses to store and release kinetic energy. This will be addressed in detail in Chapter 10.

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sults in the movement
of the joint. This

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classical form of energy transfer is still true for steady movements such as cycling. Here the muscle fibres actively change in length, while the tendons and aponeuroses barely grow longer (Figure 2). The fascial elements remain quite passive. This is in contrast to oscillatory movements

**Divo G. Müller,
Robert Schleip -**

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