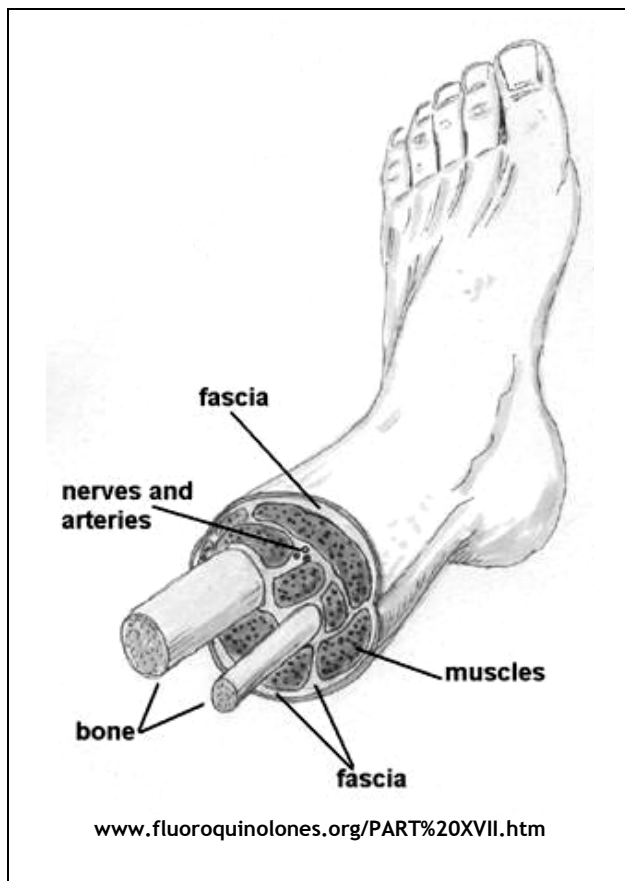


Some Notes from the Fascia & Foam Roller Workshop

Why is Fascia Important?

Fascia gives our body structure. 'Fascial bags' termed by Myers (2001), organize our bodily contents into bags or compartments that resist the force of gravity and also direct and organize fluids within the body.



Fascial Dysfunction

Fascial restrictions can create abnormal strain patterns that can crowd or pull osseous (bony) structures out of proper alignment, resulting in compression of joints, producing pain and dysfunction. Neural (nerves) and vascular structures (veins and arteries) can also become entrapped in these restrictions, causing neurological or ischemic (no blood supply) conditions.

Immobilisation leads to dramatic changes in fascia. Collagen loss and a significant degree of ground substance loss occurs - particularly glycosaminoglycans and water. One of the primary purposes of ground substance is the lubrication of the tissues it separates, therefore, the distance between these fibres

reduces. Adhesions may result. This results in **reduced fascial extensibility** as adjacent fibers become more and more closely bound. (Chaitow & Delany, 2000)

Treatment of a fascial dysfunction

The purpose of treatment for fascia is to elongate and soften the connective tissue, creating permanent 3-dimensional depth and width. Dehydration of ground substance may cause a kinking of collagen fibers - and therefore decreased depth and width. Sustained pressure - such as a trigger point release - may result in temporary **solation (or liquefaction) of ground substance**, allowing kinked fibers to lengthen, thereby increasing space and reducing myofascial strain.

Mobilization of the restricted tissues can reverse the effects only if it has not been for an excessive period.

Changing the gel (ground substance) to a sol (liquefaction) is the most important change. This can be achieved through stretching, direct pressure or myofascial release - all of which have elements of neuromuscular therapy interventions. Therapy involving both the superficial tissues and the deep tissue is required.

**MYOFASCIAL RELEASE TO ADDRESS TIGHTNESS IN THE
BACK OF THE ARM LINES :**

**Trapezius Releases
-upper part**



**Deltoid Releases
-Rear deltoid**



**Spikey Ball Releases - Extensor
Tendons**



How long does a myofascial release take?

It takes approximately 90 seconds for the fascial network to respond to slow gentle pressure applied to it and between 3 and 5 minutes for the release of fascia. (<http://www.myofascialrelease.co.uk/documents/WhatisMFR.pdf>).

If the release is too short the trigger point may be activated and if too long, bruising may occur. In this instance the client may experience some soreness to touch the day after.

Want to know more? Book into our Fascia & Foam Roller Workshop or purchase the Fascia & Foam Roller Workshop Textbook from www.activeanatomy.com.

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