

## Balanced Body@: Fascia and Functional Stretching Presented by Helen Vanderburg

Specifically designed for exercise professionals, this workshop gives you insight into the practical application of the evolving science of fascia and how it relates to training. Following the main fascial kinetic lines in the body, learn specific myofascial release and dynamic stretching techniques to enhance mobility and ultimately performance. Walk away with a functional approach to elevate your stretching methods for improved client function and performance.

### The Science

- the human body in motion
- the body moves as an integrated whole
- a new perspective of how the body functions

### Fascia

**“The fascial system consists of the three-dimensional continuum of soft, collagen containing, loose and dense fibrous connective tissues that permeate the body.** It incorporates elements such as adipose tissue, neurovascular sheaths, aponeuroses, deep and superficial fasciae, epineurium, joint capsules, ligaments, membranes, meninges, myofascial expansions, periosteal, retinacula, septa, tendons, visceral fasciae, and all the intramuscular and intermuscular connective tissues including endo-/peri-/epimysium. **The fascial system surrounds, interweaves between, and interpenetrates all organs, muscles, bones and nerve fibers, endowing the body with a functional structure, and providing an environment that enables all body systems to operate in an integrated manner.”** *Fascial Research Congress*

**Myo-fascia = Myo** (muscle fiber) + **Fascia** (the fascial wrappings holding the muscle fibers together to form a muscle)

### Causes of Fascia Dysfunction and Decrease mobility (stickiness, stiffness, adhesions)

1. Trauma (physical and emotional)
2. Age
3. Overuse, repetitive strain
4. Underuse
5. Loading the body above and beyond the person’s level of training
6. Scar tissue
7. Inflammation

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## 8. Dehydration

### Keys to Fascia Resilience

Movement!

- Fascia glide and slide

### Types Flexibility Training

Static Passive

Static Active

Dynamic

Facilitated or Activation Techniques

### Fascia and Functional Flexibility Duos

#### 1. APPEAL TO THE NERVOUS SYSTEM AND REDUCE OVERALL TENSION

The first step is to induce neurophysiological changes by reducing tension and overactivity in a targeted muscle.

#### 2. APPEAL TO THE MECHANICAL SIDE AND INTRODUCE TISSUE MOVEMENT

Once there has been a reduction in tension, the next step is to induce mechanical changes by introducing active movements.

*According to NASM (National Academy of Sport Medicine)*

### Active Release Techniques

1. **Roll and Hold**—find a sensitive area and roll back-and-forth five times while breathing in and out with each roll. Upon completion of the fifth roll, find a responsive spot for a hold and hold the pressure on that spot to access the neurological benefits. Find a new section of muscle and repeat.

2. **Pin the Tool, Move the Muscle**—Hold pressure and create a massage effect by moving the muscle so that it slides over the pressure point. Flex and extend the joint slowly five times.

3. **Cross-Fiber Friction**—apply pressure and move the limb or the tool perpendicular to the direction of the muscle fibers (hence the term "cross-fiber") five times.

### Let's move!

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