

Fascia and exercise

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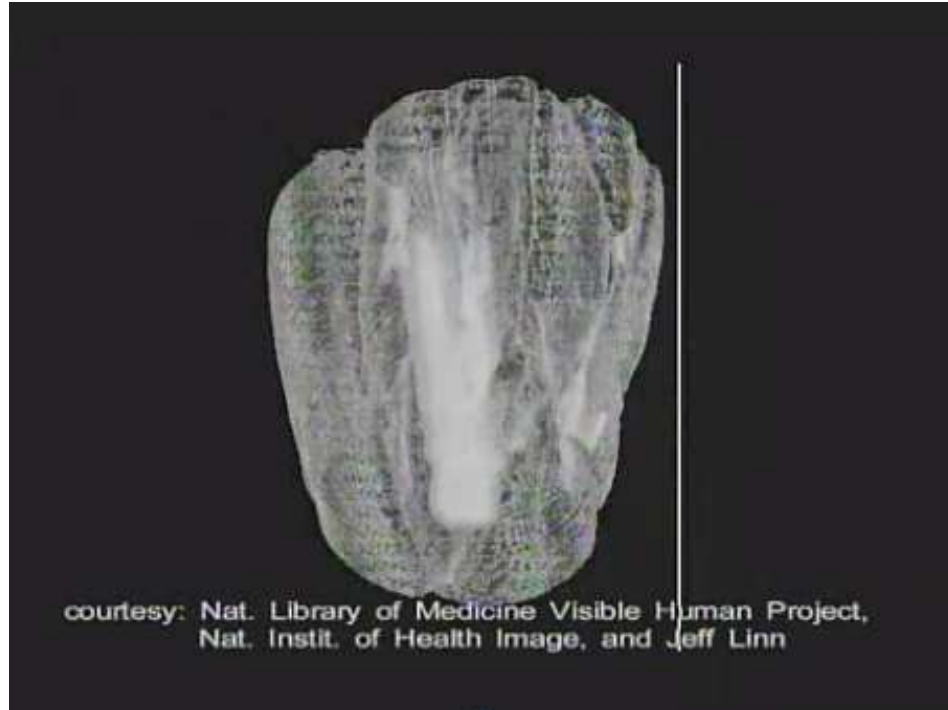


What is fascia?

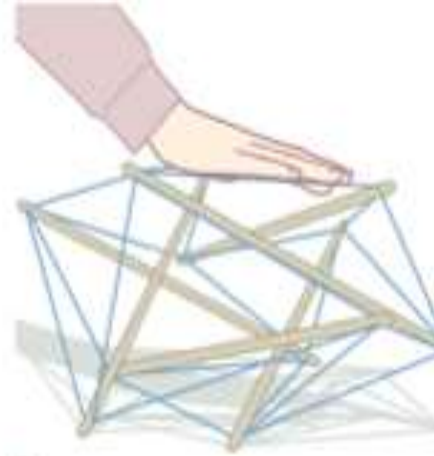
- ❑ Most constituent tissue system
- ❑ Connective tissue: connects the various systems
- ❑ Helps connection and communication in the human body
- ❑ Moves and shapes us
- ❑ Tensegrity structure independent of gravity
- ❑ Strolling under the skin



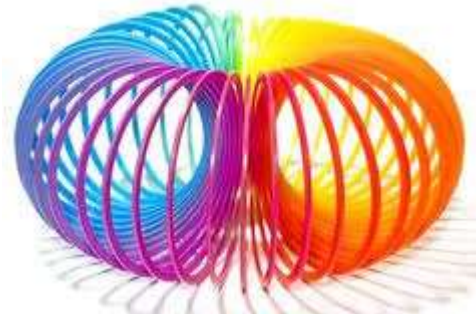
Fascia as a net!!!



Tension and integrity: tensegrity



Healthy fascia

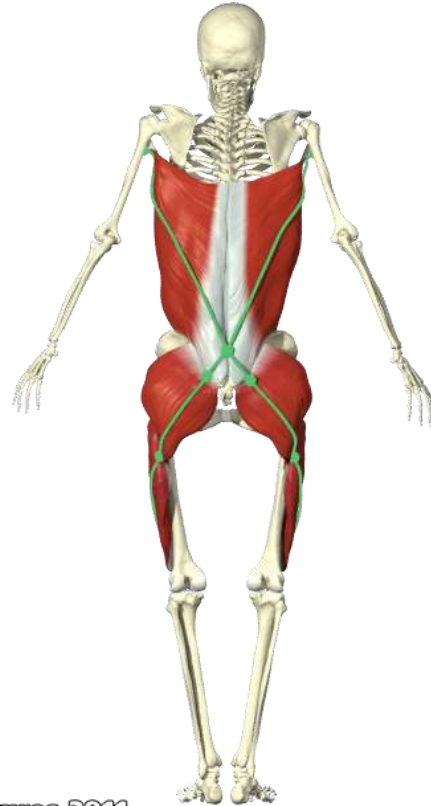


Factors affecting fascia fitness

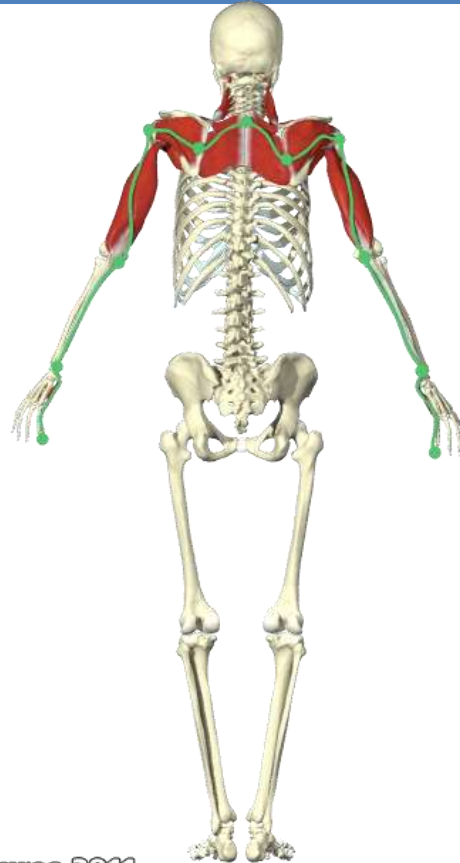
- ❑ 60% water: rehydrate fascia
- ❑ Bouncy movements
- ❑ Autoregulates in response to to the nervous system



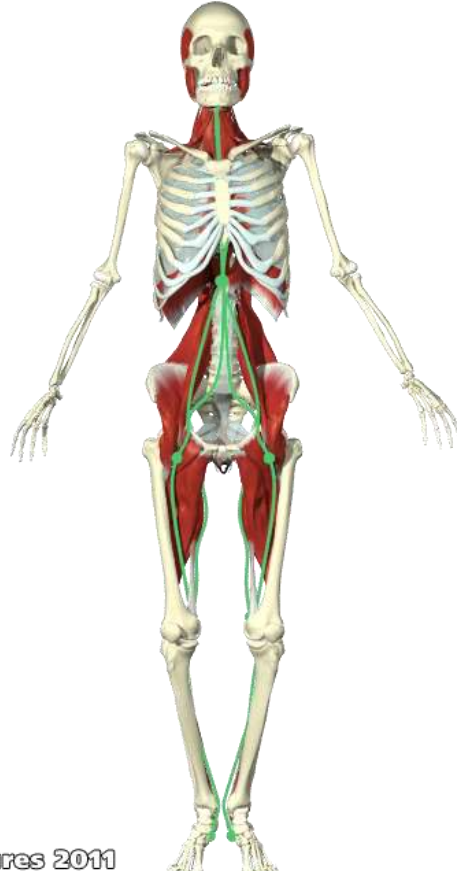
Back functional line



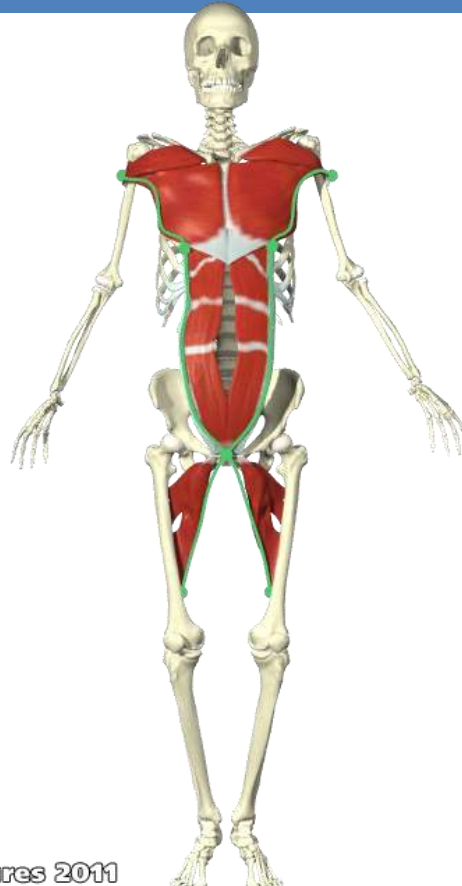
Back deep arms line



Deep front line



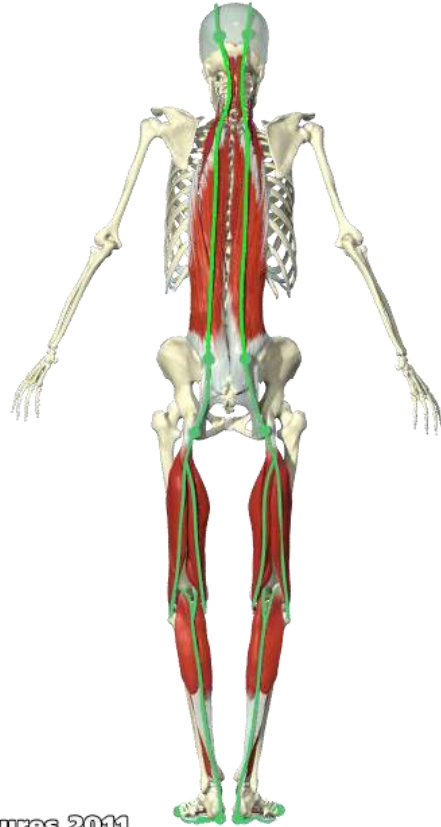
Frontal functional line



Lateral line



Iliosacral line(errector)



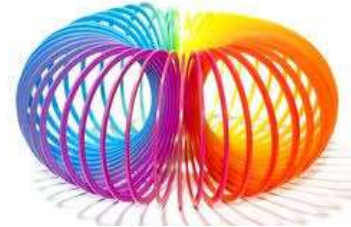
Exercise goals for fascia

- Release
- Rewire
- Rehydrate



Exercise for:

- ❑ Elasticity store and release of energy because hard fascia is not responding to the movement appropriately!
- ❑ viscosity
- ❑ Plasticity ability to change shape and adjust to movement





Foam rollers



- Release of myofascia
- **But** when fascia is too tight and FR is applied, then fascia doesn't respond and pain is more severe and it is reflected to many anatomical regions!

For release...

- Softer balls for better circulation of water!
- We need soft equipment for hard tissue!!!



Exercise characteristics:

- ❑ Whole body movements
- ❑ Skin and superficial tissues for proprioception improvement, massage and skin movements
- ❑ Train your athletes to think and feel their tissues that are recruited
- ❑ Dynamic elasticity, bouncy sensation, swings, all movements and directions!
- ❑ Exercise pace depended on the goal (warm up or cool down)



Fitness

- ❑ Play and Flaw in movement!
- ❑ Jumps
- ❑ Swings
- ❑ multidirectional
- ❑ Large muscle groups
- ❑ Elastic bands



GOAL in chronic pain patients!

- **How fast;**
- Needs to have practice for the body, to get used in that state, easing the pain
- Need for gentle practice for relieving the pain, rewiring the body in a way it gets used in less pain aims to neural pathway of pain
- It takes 6 months to remodel

Conclusion

- Whole body movements engaging long myofascial chains is the best way to train fascial system!
- We need bouncy sensation -play and flow in movements!!! (e.g yoga does that partially because poses are held)



plantar fascia



fasciitis#fasciopathy

- ❑ Overuse syndrome
- ❑ Overload for o long time
- ❑ Inflammation or degeneration?
- ❑ Inflammation affecting the nerves, the heel etc



Dysfunctioning in low back and hips

