

# Body Connections Fitness & Massage Therapy

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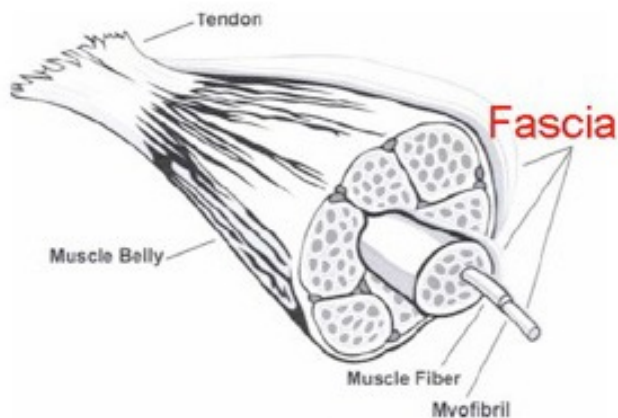
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## Sask Fit 2017

### Myofascial Mobilization & Yoga

*Please note these techniques are intended for post conference recovery purposes. This work is best taught by a trained Myofascial Therapist. The information presented does not qualify instructors to teach it to their students in a fitness class.*

#### *What is Fascia?*



Fascia as described by John Barnes (Myofascial Release Physical Therapist), as a “specialized system of the body that has an appearance similar to a spider web or a sweater. Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein as well as all of our internal organs.”

### ***What happens when Fascia is Dysfunctional?***

When fascia is affected, it can cause connective adhesions and soft tissue dysfunction causing pain. When it is damaged or tight it can cause muscle pain, headaches, chronic stiffness, sciatica, poor posture, and recurring injury. According to Jennings Treatment Centers and John Barnes, myofascial restrictions can produce tensile pressures of approximately 2000 lbs per square inch leading to pain, sensitivity, and decreased range of motion.

In a normal healthy body, fascia is relaxed and soft. It helps maintain proper posture, range of motion, and flexibility. It is a tissue and structure of the body overlooked by many in traditional healthcare but is integral to good health and well being.

### ***What is Myofascial Mobilization?***

Myofascial mobilization techniques relax the fascia and reorganize and lengthen tissue. It uses gentle and sustained pressure on the soft tissues applying traction to the fascia.

**Contraindications**- malignancy, open wounds, cellulitis, hematoma, systemic or local infection, osteoporosis, advanced degeneration of a joint, certain medication such as blood thinners, osteomyelitis, acute diabetes, edema, hypersensitivity of skin, acute rheumatoid arthritis, joint replacements, plates, screws, pacemakers and implantable devices (locally contraindicated). Please see your health care professional if you have any concerns.

### **MFR ROLLS and Corresponding Yoga Poses**

Quads- king pigeon, side lying quad stretch

Hamstrings- supine hamstring stretch/ down dog

Glute Medius/ piriformis- Pigeon

Erectors in Lumbar- Cat/cow, Childs pose, Double knees to chest, Happy baby

ITB- Hip adduction supine with strap

Rhomboids / Mid and Upper traps- folded bound angle seated, cervical side flexion

Suboccipitals- ball release with shavasana, cervical flexion and side flexion

Hip flexors- lunge high or low lunge- (no roll)

Gastrocnemius/ Soleus- down dog, three-legged dog

### **Main references**

- John Barnes (P.T.) Myofascial Release 1 and 2 therapist training manuals
- Natale Rao (R.M.T.) Myofascial Mobilization therapist training manuals