

MYOFASCIA

MYO (muscle) **FASCIA** (tissue surrounding various muscles/organs)

What is Fascia?

- Fascia is the 3-dimensional web of tough connective tissue that runs from the top of the head to the feet and fingertips. It has no beginning or end but is continuous like a spider web. (think orange peel/chicken skin)
- Cutting edge research. Scientifically proven.
- Fascia surrounds the bones, muscles, vessels, spinal cord, internal organs, all the way down to individual cells. The fascial system can affect every system and function of the body.
- When fascia is healthy, it is mobile: similar to the consistency of raw steak. When fascia is NOT healthy, it dries up like beef jerky. Unhealthy fascia becomes shortened and solidified, which creates fascial restrictions/PAIN.
- *Imagine:* plastic bag of fresh spaghetti with extra oil vs. old, dehydrated spaghetti left out for days. If you were to move the fresh spaghetti around in the bag vs. dried spaghetti around in the bag, what is the difference?



Three parts to Myofascial Release:

1. **Structural Release** (stretching)

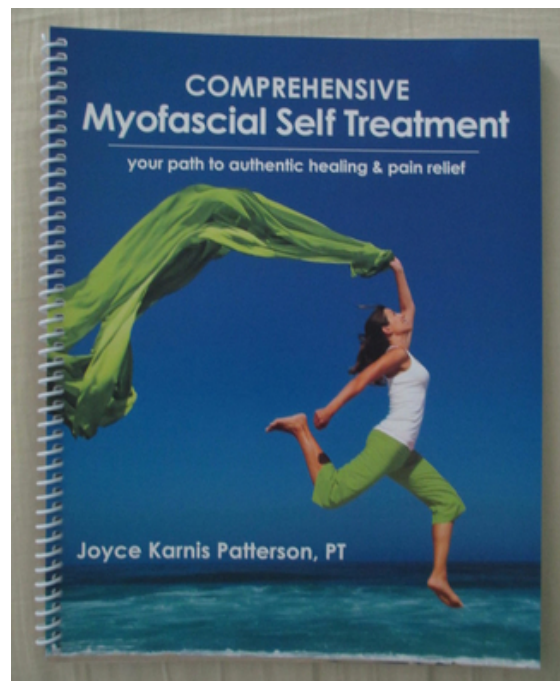
- a. **5 minutes.** Hold stretches for at least 5 minutes, and engage the barrier: find the place where you feel the restriction (or the pull) and hold in that space for 5 minutes. **ABSOLUTELY NO FORCING.** Your fascia does not respond to force. If you are hurting, you are forcing.
- b. **Telescoping.** Actively elongating your arm (for example) like a telescope.
- c. **Presence.** Pay attention to your body—be present and use your breath to soften into areas of pain or tightness.

2. **Unwinding**

- a. Dynamic Stretching- allowing the wisdom of the body to show you what needs to move in order to release.

3. **Jiggling/Rebounding**

- a. A technique that uses the fluidity of the body to release fascial restrictions.
- b. Our bodies are mostly composed of water. Jiggling breaks up fascial restrictions similarly to how the ocean can break a beach house or pier during a storm.



NECK

FOREARM AND HAND

UPPER BACK

DOORWAY stretches

TRUNK ROTATION

ARM ELONGATION (arm on wall)

PT

Scapular Restrictions: Walnut crushers

Shoulder Shrugs

Neutral Spine