FUNCTIONAL FLEXIBILITY
And Fascia Fitness
For the Ageless Body
2020
With Leslee Bender
FAFS, ACSM, PMA, NASM

Thank-you for choosing this dynamic program that will change the way to train and treat your own body for a lifetime of functional pain free movement! Most modalities of fitness only focus on the muscles and how strong and flexible they are without considering the connective tissue. However recently fascia has become a very popular topic! Why? People are in pain and moving inefficiently! The more people only train with hard core mentality the closer they will get to an injury guaranteed.
This program bridges the gap between therapy and fitness for a healthy body for life! There is a reason pro athlete are getting body work daily; otherwise they would never play their game and would be severely injured constantly.

Why we get stuck, feel pain, become tired etc……..

1. Long periods of sitting
2. Poor training techniques
3. Lack of movement (which is 99% of the population)
4. Lack of motivation
5. Injuries leading to scar tissue
6. Poor diet that is high in sugars or dairy creating inflammation
7. This is a short list!

Gravity has an influence on us each and, every time we move to lengthen the tissue and without it we would not have the ability to load to explode. Every living creature depends on movement and is driven forward towards a task.

Our mission is to understand what our clients need based on the sciences….(Gray Institute)

1. **Physical sciences F**orce Space and time
2. **Biological sciences B**iomechainics Neurology Physiology
3. **Behavioral sciences B**ody mind spirit

Common injuries

Most common **overuse or chronic** injuries: Overuse is classified as an injury or pain that stemmed from repetitive motions or exercises that led to dysfunctions. For example a common over use problem to golfers is their low back due to the repetitive motions of the swing

Most common **acute** injuries can come from trauma or from overuse leading to weakening a link in the system For example a runner that never trains in all three planes of motion suffers from a lateral ankle sprain due to the weakness in that link

When we have a strategic plan we can then create the techniques for conscious exercises for a sub conscious result!
Bones move, joints feel and muscles react!!!!
So what is this dynamic tissue called fascia …. Fascia has more efferent as muscles have more afferent and fascia provides stability, elasticity deceleration and muscles provide mobility and acceleration.

Fascia is one of the most important tissues that supports our skeletal system throughout our entire life For example a 100 yr old still practices yoga yet a 50 year old professional baseball player has already had multiple surgeries and walking is an effort! The collagen fibers of fascia form tough connections that provide strength and support through internal structures; whereas, elastin fibers have flexible strength and tend to stretch and recoil much like rubber bands.. It receives the hydration, fuel and lubrication it needs to support movements and offers effortless protection.
However, when the stresses of injuries, dehydration, overuse and imbalances arise, fascia does not receive what it needs and becomes thicker, knotty or inflamed. Blood flow is restricted, the movements of joints and muscles become limited and tension and/or pain is experienced. When fascia is restricted or inflamed (i.e., through an injury, a lack of hydration or nutrients accessible, disease, infection, damage due to repeated impact, extra weight being carried, etc.) the results can be extreme pain and discomfort And as we age the body produces less collagen and skin and fascia begin to change if not taken care of.

So why assess? Not all bodies are the same!
We might look at an individual and think their posture is great standing but it tells us very little.. And movement analysis is crucial to determine what our client needs to be successful!

Sagittal is anterior or posterior of the body and is influenced by gravity
Frontal is either right lateral or left lateral of the body or abduction or adduction and is influenced by gravity
Transverse is rotational where gravity has not influence

TENNIS BALL
Only apply pressure that is tolerable and allows you to manipulate the tissue
1. Foot release
2. Calf release
3. Lateral hip and thigh release
4. Gluteal release

5. Hip flexor release

FOAM ROLLER/Rollga Only roll applying pressure that is tolerable and allows you to manipulate the tissue Begin by applying pressure for at least ten seconds then roll on the specified area for 20 seconds in small movements

1. Upper thigh vertical (flex the knee)
2. Upper thigh diagonal (flex the knee)
3. Outer thigh
4. Outer thigh thoracic rotation
5. Thoracic spine

Exercises and release that improve mobility. stability and flexibility:

1. Begin with tennis ball fascia release in the foot
2. Next fascia release of the calf
3. Standing calf lengthening
4. IT band fascia release
5. Gluteus fascia release
6. S lunges
    a. Reach below the knee
    b. Reach shoulder height
    c. Reach over the head
    d. Reach and rotate below the knee
    e. Reach and rotate same side
    f. Reach and rotate opposite side
    g. Reach over head laterally flex same side
7. Frontal plane lunges to lengthen the lateral and medial chain
    a. Reach below the knee
    b. Reach shoulder height
    c. Reach over head
    d. Reach and rotate same side
    e. Reach and rotate opposite side
    f. Reach over head laterally flex same side
    g. Wall bangers
8. Transverse plane lunges (incorporating all three planes) to lengthen all three chains
    a. Reach below the knee
    b. Reach shoulder height
    c. Reach over head
    d. Reach and rotate same side/opposite side
9. Seated ball S spine extension
10. Seated ball SFT spine extension and rotation
11. Side lying F lateral flexion
12. Thank-you for attending! In the best of your Health Always!
    Leslee Bender