

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +



Myofascia

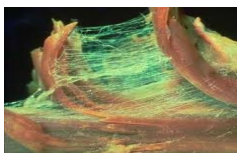
Introduction

Do you feel stiff and sore after doing chores around the house or after a bout of exercise. Do you find it difficult to stand up after sitting watching TV or working at your office desk. Is it difficult for you to get out of the car after more than just a 15 minute drive. This is how most adults over the age of 50 feel and they blame it on a lack of physical conditioning, an old injury or the dreaded word “arthritis”. However, this may not be the case at all. It might be that they/you are suffering from “tight” myofascia”. Myofascia is the “hot” new word when it comes to physical health, exercise recovery and injury prevention. Deep tissue massage is no longer about kneading the muscles, ligaments and tendons but rather about “releasing” the myofascia. This newsletter will explain what myofascia is, why it is so important with respect to proper functional dynamics of the body, and how you can very effectively and easily treat “tight” myofascia with self administer deep compression massage .

What is The Myofascia

The myofascia is the dense, tough tissue that surrounds and covers all of your muscles and bones. This outer myofascial covering is very strong and very flexible. In fact, it has a tensile strength of over 2000 pounds.

Under a microscope, the myofascia resembles a spider web. It is very organized and very flexible when healthy.



Myofascia can best be described as a complete body suit which runs from the top of your head down to the bottom of your toes. It is continuous, has no beginning or end and can be found almost everywhere in your body. Like yarn in a sweater the entire body is connected to every other part of the body by the myofascia. It is a continuous weave of material. And, like a pull in a sweater, damage to an area of myofascia can affect

other areas in your body even years later.

In the normal healthy state the myofascia is relaxed and soft. It has the ability to stretch and move without restriction. When you experience physical trauma or inflammation the myofascia loses its pliability. It can become tight, restricted and a source of tension throughout the rest of the body and a number of health related problems can result.

Did You Know

Things that can cause once flexible myofascia tissue to become injured or too tight are;

- Inflammation
- Traumas, such as a falls, sport or work injuries or car accident
- Poor posture
- Lack of stretching
- Prolonged sitting or standing
- Emotional/psychological stress
- Repetitive motions, such as factory work, keyboarding or sporting activities.

Symptoms associated with injured or tight myofascia;

- Headaches
- Generalized muscle pain/stiffness
- Chronic back and neck pain
- Re-aggravation of previous injuries
- Sciatica and the sensations such as numbness and pins and needles
- Restrictive breathing
- Poor posture and reduced flexibility in the shoulders, neck and lower back.
- Reduced physical performance.
- Decrease agility, coordination and balance
- Increase risk of falling
- Slow recovery (pain/stiffness) from physical exertion.

Myofascial Release (Massage)



Myofascial Release is an effective therapy that can effectively treat tough, tight myofascial tissue and improve its health by making it more relaxed, pliable and soft.

Myofascial Release is applied directly on the body and uses slow deep pressure to restore the proper health of the fascia. The pressure should never be beyond your tolerance and you may experience a slight tingling or burning sensation in the skin, which is perfectly normal and safe.

The purpose of Myofascial Release techniques is to help to relax and lengthen tight myofascial tissue. Since the myofascia is interconnected throughout the body treating or relaxing one area of the body may have positive affects in another area. For example, relaxing the myofascia in the hips and low back may help reduce tension in the neck and shoulders which in turn may have been causing shoulder and neck restriction and headaches.

Self Myofascial Release using the GRID



The purpose of using the Grid is to massage targeted muscles and myofascia to improve soft tissue elasticity, removal of waste by-products (via blood) to facilitate tissue recovery and repair, increase neural stimulation, increase joint range of motion, improve proper contraction of muscle tissue.

Guidelines for Safe Effective Use of the Grid

1. **Discomfort** – Mild to moderate discomfort is common when beginning self-myofascial release. Discomfort will decrease over time as normal length-tension relationship is restored.
2. **Control of Grid** – It is important to maintain an adequate amount of pressure on the grid so the grid will not shift during the massage movement.

General rule – never use the grid over joints or bony prominences or inside of the upper arms, large bruises, phlebitis, severe varicose veins, open wounds, undiagnosed lumps, skin infections, diabetes, cancer of the bones, pregnancy – lower back and adductor regions.

Technique – Roll GRID slowly over the target muscle 3-5 x's.
- You can pause over a particularly tender area

Using the Grid for Self Myofascia Release

Achilles Tendon



Calf



Hamstring



Glutes/Piriformis



Quads



Hip Flexors



Inner Quad/Groin



Tensor Fascia Lata



Ilio Tibia Band



Anterior Shins



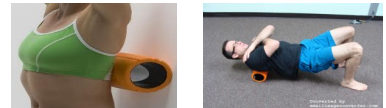
Plantar Fascia



Latissimus Dorsi



Upper Back-Standing and Lying



For a complete description of each position for self myofascial release using the GRID please visit the Forever-active web site at

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