



Fascia in Motion

Presented by Helen Vanderburg

Introduction

Fascia is your three-dimensional connective tissue matrix that encases and weaves through muscles, organs and bones to hold all your separate parts together as one. In this workshop you will gain a broader understanding of the structure and qualities of fascia and the functional relevance of the myofascial web in relationship to the human body in motion. The understanding of fascia is significant in recovery, prevention of injury, alignment and ultimately performance. This workshop is ideal for personal trainers, group fitness instructors, Pilates and yoga teachers and fascia enthusiasts.

Key points

- **What is Fascia?** Definitions of fascia.
- **Keys to Fascia Resilience.** How do we keep fascia healthy?
- **Fascial Lines Overview.** Myofascial Meridians, Anatomy Trains, Kinetic Chains.
- **Practical Applications.** Body exploration.

What is Fascia?

Definitions of fascia:

“The fascial system surrounds, interweaves between, and interpenetrates all organs, muscles, bones, and nerve fibers, endowing the body with a functional structure, and providing an environment that enables all body systems to operate in an integrated manner”

The fascial system consists of the three-dimensional continuum of soft, collagen containing, loose and dense fibrous connective tissues that permeate the body. It incorporates elements such as adipose tissue, neurovascular sheaths, aponeuroses, deep and superficial fasciae, epineurium, joint capsules, ligaments, membranes, meninges, myofascial expansions, periosteum, retinacula, septa, tendons, visceral fasciae, and all the intramuscular and intermuscular connective tissues including endo-/peri-/epimysium. The fascial system surrounds, interweaves between, and interpenetrates all organs, muscles, bones and nerve fibers, endowing the body with a functional structure, and providing an environment that enables all body systems to operate in an integrated manner.

Fascia Research Congress

Three layers of Fascia

1. Superficial
2. Visceral
3. Deep

Myo-fascia = **Myo** (muscle fiber) + **Fascia** (the fascial wrappings holding the muscle fibers together to form a muscle)

Structure of Fascia

Fascial connective tissues basically consist of two components: **cells** and **extracellular matrix**.

Qualities of Fascia

1. Tensegrity (tension + integrity)
2. Viscoelastic Properties
3. Force Transmitter
4. Sensory Organ
5. Mechanoreceptors
6. Communication

Causes of Fascia Dysfunction (stickiness, stiffness, adhesions)

1. Trauma (physical and emotional)
2. Age
3. Overuse, repetitive strain
4. Underuse
5. Loading the body above and beyond the person's level of training
6. Scar tissue
7. Inflammation
8. Dehydration

Keys to Fascia Resilience. How do we keep fascia healthy?

Common Fascial Lines

1. Posterior Kinetic Line
2. Anterior Kinetic Line
3. Lateral Kinetic Line
4. Deep Front Line
5. Spiral Kinetic Line
6. Arm Line



Spiral Line



Arm Line



Superficial Front Line



Deep Front Line



Lateral Line



Superficial Back Line

Practical Application

Thank you for attending.

Helen Vanderburg

helen@helenvanderburg.com

Follow me on social: FB @helenvanderburg Instagram @hvanderburg

References:

Free Fascia Flex classes on Instagram @fusionworkouts

Fusion Workouts Book @canada.humankinetics.com

www.helenvanderburg.com

coming soon: helen@home