



To Roll or Not to Roll: Fascial Facts and Fallacies

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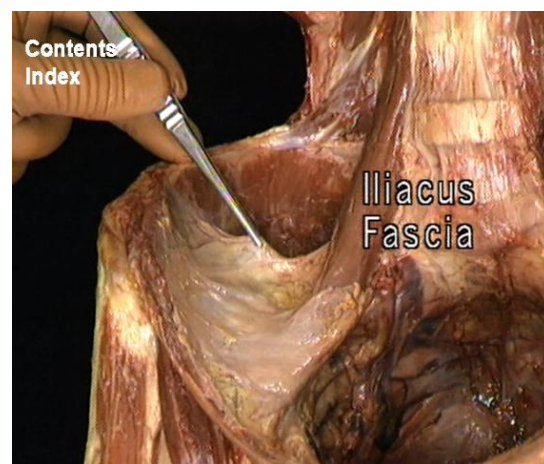
Fascia has gone from disregarded tissue to the star of the show in the world of human movement. The latest information has added insight into a best practices approach for fitness professionals to assist in improving client mobility. Hear and feel what works and why and find out what “old favorites” might be doing more harm than good.

I. Fascial Facts

- A. Separates
- B. Protects
- C. Interconnected tensional network
 - 1. Transfers force
 - 2. Provide stability
- D. Contains contractile cells (myofibroblasts), proprioceptors and nociceptors
- E. adapts its fiber arrangement, length, and density according to local tensional demands

II. Myofascial restrictions

- A. Causes
 - 1. trauma
 - 2. repetitive movement patterns
 - 3. immobilization
 - 4. disease
 - 5. inflammation



B. Types of myofascial restrictions

1. increase in collagen formation/density
2. direction of collagen formation/density
3. trigger points

III. What occurs during myofascial release?

- A. Mechanical changes to the tissue
- B. Mechanical changes to adjacent tissue
- C. Neurological effects

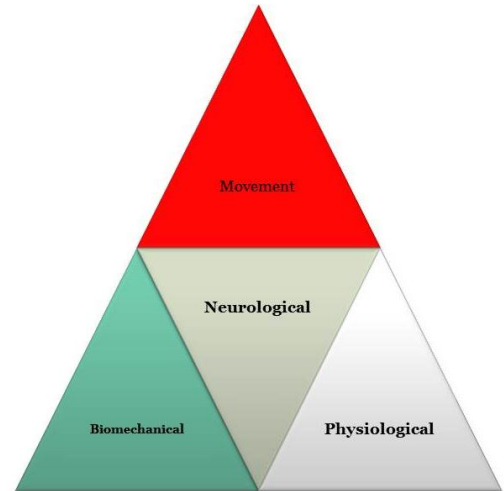
IV. Optimizing the myofascial component for mobility

- A. Self myofascial release techniques
 1. fixed applied pressure
 2. continuous rolling
 3. cross friction
- B. Strategic motion
 1. Range is less than the tissue's barrier
 2. Slow
 3. Controlled
 4. Rhythmical
 5. Oscillating

V. Client Preparedness

- A. Psychological stress levels
- B. Physiological stress levels
- C. Postural options

Movement Triad



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