

Myofascial Release & Self Massage

with Aaron Styles



What is fascia?!

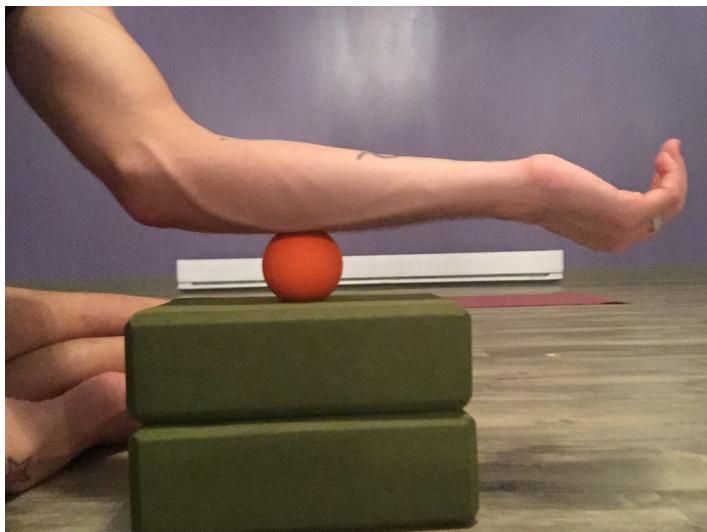
Fascia is a connective tissue made of collagen, elastin, and ground substance. The collagen is arranged in fibrils and provides strength, the elastin is rubbery and provides elasticity and the ground substance provides lubrication and absorbs shock and stress. Fascia is under your skin, around and through your muscles, and like a web it encases all the structures of the body. It wraps around each of your individual internal parts, keeping them separate and allowing them to slide easily with your movements. It's strong, slippery and wet. Fascia has the tensile strength of 2,000 pounds per square inch.

What is a fascial restriction?

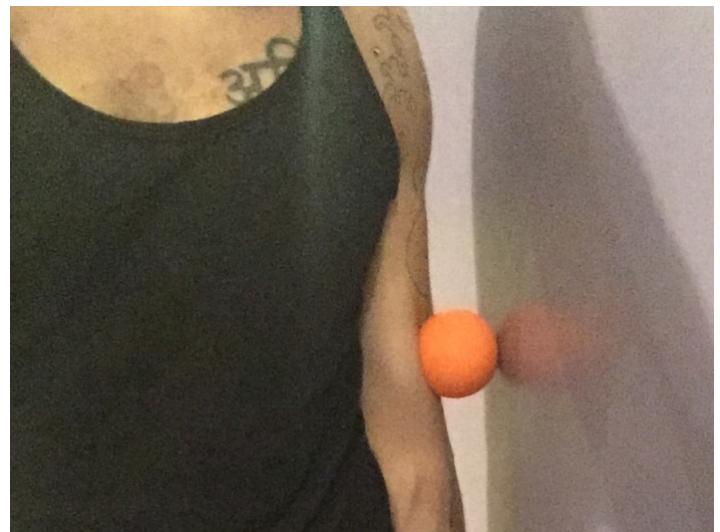
Many times dysfunctional areas of fascia are referred to as knots or adhesions. Fascial fibers misalign due to a trauma or injury. Sticky adhesions form between fascial layers that aren't regularly moved. Over time these adhesions get strong enough to inhibit range of motion. Restrictions can put large amounts of pressure on the surrounding tissues causing pain and other symptoms.

How do I release fascia?

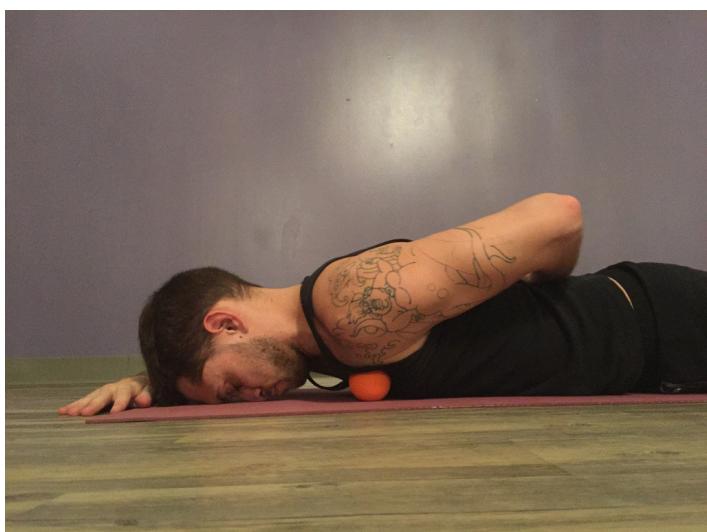
Fascia responds best to slow stretching & pressure due to its strength. Once it has tightened up it has trouble letting go. Hold stretches or pressure on trigger points for a minimum of 3-5 minutes. On a scale of 1-10, aim for the pressure to be in the 4-7 range. Too much pressure can cause bruising and soreness.



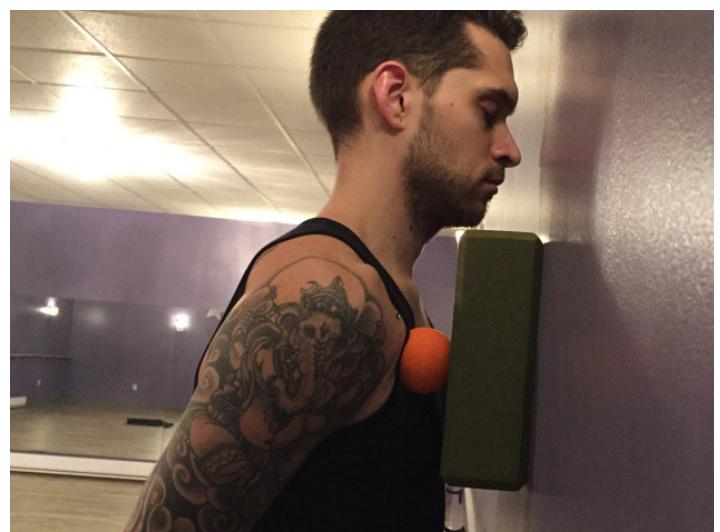
Forearm



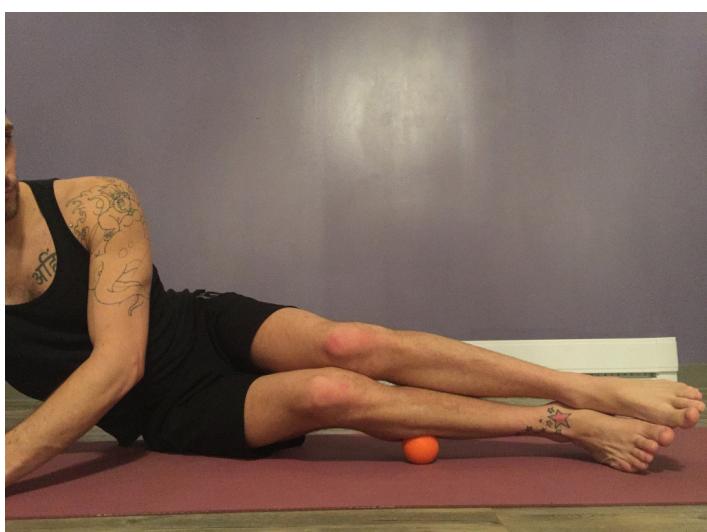
Upper Arm



Chest (Floor)



Chest (Wall)



Outer Calf



Back of Calf



Quadriceps



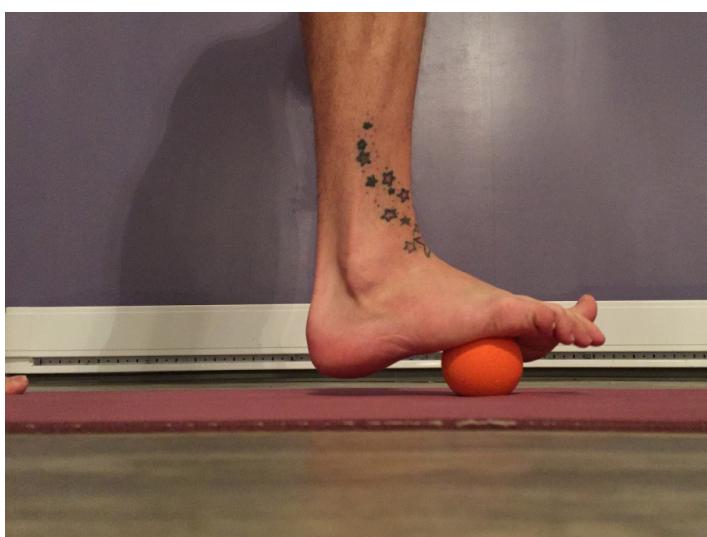
Glutes & Piriformis



QL (Between ribs and pelvis)



Upper Back



Foot



Latts & Side body



Back of neck



Psoas stretch

Self Massage Techniques

Petrissage

This technique is performed by kneading parts of the body using the hands. Think about pulling the muscles away from the bones.

Precaution: Stretch the wrists before and after.

Use On:

- Forearms
- Upper arms
- Shoulders
- Upper traps
- Chest
- Thighs
- Calves

Sliding Friction

This technique is performed by applying pressure and then sliding your thumb across the length of muscles.

Precaution: Keep a bend in the thumb

Use On:

- Hands
- Feet
- Along the shin bone
- Along the forearm bones

Circular Friction

This technique is performed by applying pressure and then circling your thumb or fingers on an area of tension.

Precaution: Keep a bend in the thumb or fingers.

Use On:

- Knots & Adhesions