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FASCIA TRAINING – HOW TO BRING THE CONNECTIVE TISSUE IN TOP FORM

Fascia training – most people immediately think of the fascia roll. But there is much more to the workout for the connective tissue – the positive effects of the training on your health and what you need to consider.

Those who are athletically active have certainly heard the term ‘fascia training’; they may have even given it a try.

Nowadays, the fascia roll is available in every sport shop and online, and in gyms it is a standard feature. What many don’t know: Fascia training not only consists of rolling “to and fro” – there is much more to this training method.

What is Fascia?

Generally speaking, the word fascia is a new term for what is commonly referred to as connective tissue. The fibrous histoid network crosses our entire body and encloses muscles, organs, and ligaments.

For example, meat or chicken is also surrounded by a milky, almost translucent myo-covering. This is the rough, irregular connective tissue.

What does Fascia training do?

Due to permanent stress, little exercise or excessive as well as unfavourable physical straining the fascia can adhere, but those adhesions can be released with the help of fascia training.

Thus, fascia training has a number of valuable effects for both athletes and people that are less active:

- increase of flexibility
- acceleration of regeneration
- reduction of muscle hangover

Important for women: Fascia training can counteract cellulite. However, the dosage is essential – of which later.

For whom is Fascia Training sensible?

Everyone can benefit from fascia training. For athletes it can assist to reduce sore muscles and resolve indurations through sports injuries. And also, people who are less active, who want to do something for their general health or whose fascia are adhered, will benefit from the training.

Even if you aim for a taut connective tissue the fascia training can have positive effects.

Important: Fascia training does not replace a workout, it has only a complementary effect.

How does Fascia training work?

According to Dr Robert Schleip (German biologist), fascia training consists of different components:

Elastic, bouncy Movements

Jumping exercises activate the networking of the fascia. By jumping the fascia covering gets a better pretension, and in addition the bouncy movements also have positive effects on the participating muscles.

Long-chain Stretches.

Stretching is also part of the fascia training. According to Dr Schleip, long-chain stretching exercises are better for the fascia network than short-chain exercises. In fascia training one would for example turn the head up while taking the left arm back at the same time, in order to expand the stretch over several joints, explains Dr Schleip.

Fascia stretches remind a little of yoga exercises, or the contented stretches of a cat.

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Training with a Fascia Roll

The workout with a fascia roll is certainly the most famous fascia training – and an effective form of self-treatment. It involves a firm foam roller, available in different strengths, which helps to increase blood circulation of the individual body parts and ensures the stimulation of the connective tissue.

Exercises for Fit Fascia

Here are some exercises for each component of the fascia training:

1. Multi-variant Bounces – e.g. with a Skipping Rope

- The more varied the skipping training the better! Duration: one minute. Start jumping vertically up and down – if desired use a skipping rope.
- Then try other jumps, e.g., left-right, forwards-backwards; jumping jacks or alternating leg jumps also belong to the fascia training.

Important: Always try to land softly and springy on the ball of the feet. This can easily be achieved with soft trainers; but it's even better doing the exercises bare footed.

2. Roaming stretch

- From an upright stand slowly and gently bend forward. Back rounded, hands roam to the opposite foot, if possible, keep legs straight.
- From this position slowly and springy change body and hand position to the other foot. Make sure to keep the head relaxed and straight – do not tilt the head back as this will only cause undesired tension.
- Repeat this exercise for at least 60 seconds. On the next training day, the position of the feet can be varied: slightly turned outwards or inwards.

3. Leg roll with the Fascia Roller

- Sit on the floor, place your hands behind your back for support. Place roller just below the calf at the

muscle attachment. You can massage one leg or both at the same time - depending how much pressure you want to apply.

- Gradually push forward, repeat four times. You can either massage only the calves or move further to the base of the buttocks.
- For a better movement control: Brace your abdomen by pulling the belly button towards the spine.

4. Golf- or Massage Ball Exercise

- Roll your feet with a golf- or massage ball (for ankle) – place one foot on the ball and quickly roll back and forth; push down as hard as acceptable – continue for one minute, then repeat with the other foot.

When is the best time for Fascia training?

The question remains, when is the best time to train the connective tissue?

Stretches can be exercised any time. However, it is important to warm up before doing the springy movements in order to minimise injury. Dr Schleip recommends using the foam roller after the training.

How often should the fascia be trained?

The frequency of the training depends on the goal – for the use of the fascia roll caution should be exercised.

If the goal is to reduce muscle soreness, the roll can be exercised every day.

To counteract cellulite, experts recommend using the roller only maximum three times a week; but then harder.

The same is recommended for the skipping exercises: Two to three sessions per week are sufficient.

Is Pain normal in Fascia training?

Some users of the fascia roll report of pain during training. To make it clear: Don't torture yourself!

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Because severe pain stiffens and tightens the body even more.

A so-called “good ache” is completely normal. The good ache is a sensation when you reach your boundaries but still continue slowly with the exercise whilst remaining a normal, extended breathing.

However, the unpleasant pulling improves with each training – therefore, persevere and use your fascia roll two to three times a week for ten to 15 minutes or incorporate a few jumps into your training.



SCHÜSSLER-SALTS FOR THE CONNECTIVE TISSUE

The Salt in taut Tissue – No. 11 Silica

Function in the body

Silica is regarded as the mineral for beauty. It firms the connective tissue and is vital for the growth of hair, skin, and nails.

Occurrence in the body

As a component of the connective tissue Silica (silicic acid) is indispensable for the body. It is involved in the makeup of the tissue structure.

Dosage and Application of Lotions/Creams

Lotions/Creams should be applied once or twice daily and gently massaged into the affected areas. They are quite fruitful and can be used sparingly. Generally, lotions are the better choice to cover larger areas.

Tip:

- Morning: Lotion No. 1 Calcium fluoride
- Night: Lotion No. 11 Silica

Cellulite

Cellulite is a mutation in the fatty tissue of the skin, accompanied by skin dimpling (orange peel skin). Overweight, lack of exercise, hormone therapy, alcohol, smoking, and a weak connective tissue

facilitate the development of cellulite.

Treatment

During the day take 2 to 4 tablets of each of the minerals No. 10 Sodium sulphate 6X (or No. 8 Sodium chloride 6X), No. 11 Silica 12X, No. 1 Calcium fluoride 12X and No. 4 Potassium chloride 6X (dissolve tablets in the mouth). Additionally, apply creams No. 10 Sodium sulphate and No. 11 Silica (creams can be mixed) and gently massage into the affected areas.

Stretchmarks

Unattractive stretchmarks, also called Striae cutis, develop through excessive stretching of the skin during a pregnancy and the excess weight before a reducing diet. Insufficient elasticity of the tissue allows the development of stretchmarks. The use of cortisone ointments can also be a cause.

Treatment

For the stabilisation of the skin tissue take tissue salts No. 1 Calcium fluoride 12X and No. 11 Silica 12X. In addition, apply creams/lotions No. 1 and No. 11 (one in the mornings, the other one at night).

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