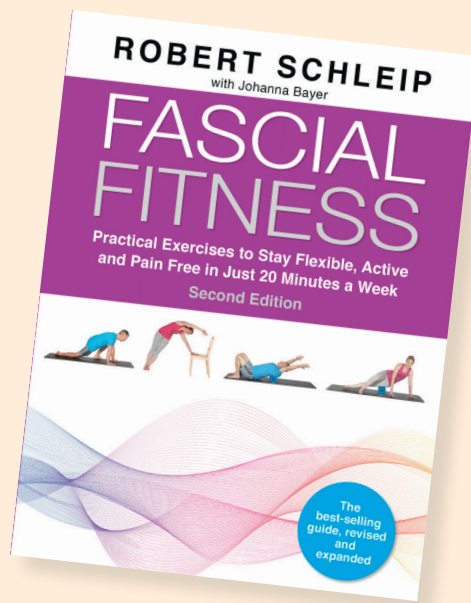


Fascial lines. Stretching can extend our range of motion - this includes the muscles and joints. Slow methodical stretching helps prolong duration has significant physiological effects reducing blood pressure-lowering heart rate. That is because when fascial tissue is stretched signals are transmitted to the autonomic nervous system. This reduces activity levels in the sympathetic nervous system, which causes the body to relax. This is essentially the science behind yoga and its ability to calm our minds. Studies have shown that yoga style stretching alleviates pain.



This book has taken all recent fascial research and made it completely accessible to movement and bodywork therapists. It has developed a brilliant series of fascial fitness.

There are further chapters on:

- ◆ **The exercises and how to safely and effectively do them**
- ◆ **Fascia, physiotherapy, massage, manual therapy, yoga, Pilates, acupuncture**
- ◆ **Fascial fitness: Healthy eating and lifestyle**
- ◆ **Periodise facial training for speed power and injury resilience.**

This is a fantastic book that is accessible, informative and useful on a practical level. I would love to see more information on the emotional component mentioned, as this is my area of interest. What I witness in clinic is a lot of trauma and unresolved emotion held within our system that is often the cause of chronic pain, inflammation, illness and injury. Without acknowledging the emotion behind our physical pain, we often fall short in treatment. As I see it, we simply cannot separate the physical body and physical injuries from our emotional, psychological, or mental health. It does not surprise me in the slightest that people with poor physical awareness are much more prone to psychological disorders such as anxiety and depression, as this is a trauma response, to leave one body is a survival strategy when the pain is too unbearable. Maybe next time, I can add a chapter on the emotional impact of injury or how emotions, stress and trauma affect our fascial tissue and physical health.

2. Spring - basic function: movement.

Suspension or springing exercises such as hopping or skipping. This stimulates the elastic storage capacity of the Fascia, which is important for basic movement functions. This applies to all muscle fibres but especially to tendons. You need to find a sense of ease and land lightly on your feet, to ensure your fascia is working effectively.

3. Revive – basic function: supply.

To revive and rejuvenate Fascia you could use self-massage in the form of foam rollers, rubber balls, tennis balls. Pressure is applied into the connective tissue as it would be during a massage, and this triggers a purely mechanical process of fluid exchange in the fascia. The mechanical process pushes out metabolic waste and lymph and then refills itself with fresh fluid. The squeezed-out tissue sucks in fresh fluid from the blood plasma (in the tiny blood vessels nearby). The drained fluid contains harmful metabolic waste and sometimes inflammatory neurotransmitters; therefore one can see the importance of fluid exchange in the fascia.

4. Feel – basic function: communication.

Feeling and noticing our movement is extremely important for physical mobility and the brain. This body perception and body self-image are now considered to be fundamentally important. This internal awareness of our body's movement is gaining importance as it plays a major role in many neurological and physiological illnesses. Embodiment is seen as

fundamentally important as it describes the close correlation between physical changes in the body and our mental well-being. New important findings show that our posture not only affects how we perceive ourselves but also how we view the world around us. Research shows, our emotional experiences trigger changes to our physicality, as well as biomechanical responses - releasing hormones and neurotransmitters and activating control circuits within a nervous system. It is fascinating that people who have a poor perception of their own moods and feelings experience more pain and physical symptoms with no apparent organic cause. People with poor physical awareness are much more prone to psychological disorders such as anxiety and depression.

There are different types of exercises depending on whether you are as Schleip describes a contortionist with soft connective tissue, being highly flexible with low joint stability or a Viking with a firm connective tissue, low flexibility and high stability, or a little bit of both!

EMMA GILMORE

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Emma teaches Fascia Informed Bodywork for physical, emotional, and mental health. She shares her knowledge of how physical and emotional trauma manifests in our body causing pain, discomfort, and pathologies, as well as the potential for transformative change through bodywork. Emma's awareness of the delicacy as well as the resilience of the human form is always acknowledged and her passion for the benefits of bodywork are enthusiastically transmitted through her national and international teaching in an accessible and engaging way. She is head judge at the National Massage Championships 2021, is a founding member of the Fascia Research Society (FRS) and writes regularly for bodywork publications *Massage World* & *Positive Health* online.