

# Bodywork For Wellness

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## Fall '09 Newsletter

### Myofascial Stretching vs. Static Stretching...Is there a difference?

Absolutely, in the summer newsletter the fascial system was described as being made of 3 parts, collagen fibers, elastin fibers and ground substance. Also remember the fascial system wraps around all cells and groups of cells like organs, tendons, and muscles. In static stretching one uses as slow gradual and controlled elongation of the muscle that is held for 15-30 seconds in the furthest comfortable position without pain. This allows for stretching of the elastic fiber of the muscles. But much like that of a rubber band if you stretch it out hold for only a short time and then release you may gain flexibility but it is often short term because the other tensile parts of the tissue (collagen fibers and ground substance) that contribute to its' length have not been addressed.

Myofascial stretching is different from static stretching because it utilizes the principles of myofascial release to engage all three parts of the fascial system. This creates opening in the muscle but also the fascial covering of the muscle. This offers greater opportunity for fuller and longer lasting gains in flexibility and tissue elongation. There are 4 primary ways that myofascial stretching differs from static stretching. The first involves the time element. All myofascial techniques must be held for a minimum of 90-120 seconds whether its myofascial release or myofascial stretching. This time element is necessary to create change in the collagenous and ground substance components of the connective tissue, not only the elastic component as seen in static stretching. The second way myofascial stretching is different is it uses active elongation to engage the fascial barrier, also called telescoping. This is when you consciously and gently elongate the body part to the point of resistance in the tissue you are stretching to engage the tissue into greater and deeper regions of your body. The third way myofascial stretching is different is the importance of awareness and breathing with the myofascial stretch. One can be much more effective if you can focus on the tension in the tissue, bring your breath to that restriction and notice the resulting slack as the release takes place. The final way in which myofascial stretching is different is the emphasis on feeling the barriers to the stretch. We may have fascial restrictions or barriers in our tissue in places that occur sooner than a full stretch on the muscle. Awareness and attention to releasing these areas will result in greater flexibility and ease in the body as the tissue is being released at both subtle and profound restrictions. To find out more about incorporating myofascial stretching into your home exercise program talk to me in your next session.

### Holiday Gift Certificates

Once again this year I will be offering the holiday gift certificate package - Buy 3 Sessions Get a Free Massage! Gift Certificate Packages will be on sale from Nov 23<sup>rd</sup> thru Dec 24<sup>th</sup> 2009.

### Fall Wellness Tip Staying healthy as cold and flu season arrive.

As cold and flu season arrive, I would like to take a minute to share with you some simple healthy tips for staying in good health. One of the most basic and simple things we can do to prevent the spread of illness is good hand washing. This involves wetting your hands with warm water, using soap to lather for 20 seconds making sure to get all parts of your hands then rinse. Also we know that germs most often get into our bodies often thru our nose, and mouth. Keeping your hands away from your face can go a long way in keeping you healthy. The average person touches their face 18 times per hour. How many times per hour do you touch your face? Good hand washing and decreasing how much you touch your face can go a long way in preventing colds. Also to minimize spread of illness please if you don't feel well, stay home and if needed see your doctor. **If you feel ill please know that the best thing for your body may be rest rather than treatment. Additionally, if you do choose to come to your treatment session you may be asked to wear a mask to prevent the spread of germs in the office. This will help keep us all healthier.**

If you have a comment or question, or to learn more about Bodywork for Wellness please visit my website or call:

[www.Bodyworkforwellness.com](http://www.Bodyworkforwellness.com)

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