



OLLI: DAILY

Your dose of wisdom & motivation

WEEK 1

Repairing your Fascia, Step #1 MOBILITY

In "Let's talk about movement," we said the first step to repairing your fascia and feeling great again is simply to move, and move often. Here is the catch: You have to know the **right type of movement** to start with.

If you think you might have an injury or your fascia is angry with you, diving right back into running or lifting or another type of strenuous activity will only agitate your symptoms. At this point, your resting state isn't even "recovery." So, you are going from an already locked up body...then adding some inefficient movement and inflammation...and boom, you wake up the next day feeling like you're 100 years old.

To move on to Step #2, which will be discussed in the next "OLLI: Daily," you need to master the practice of **mobility & recovery**. To reiterate what Step #1 is all about: we need you to transition to a more active lifestyle so your systems are alive, awake and alert. This might be some nice stretching in the morning, making sure you walk to the bus, opt for the stairs...whatever you can do to get the blood flowing. We are looking for **consistent, low-intensity activity**.

To complement this slightly increased activity, **mobility** exercises are critical to advancing towards full recovery. If you're body is all locked up from months, or even years, of habitual activities (such as sitting at a desk, running through an injury, or carrying your purse on the same shoulder all the time), you need to start sending messages to "un-do" what your body has done to adapt to these external influences.

On the following page, you will find a few mobility-based exercises. If practiced **consistently**, you will begin to notice improved range of motion, less restricted movement, and an all around decrease in how tight you are feeling. Keep in mind how long you have asked your body to move about in the "wrong" way; counter-acting this will take time and persistence, but it's remarkable what a difference can be made!

Extra Tip:

If you are even a little dehydrated, your connective tissue & muscles will not move and stretch as they are supposed to. Force yourself to drink (preferably "chug") water as soon as you wake up every morning and keep it going throughout the day!

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Joint Mobility is defined as: the degree to which an articulation (where two bones meet) is allowed to move before being restricted by surrounding tissues (ligaments/tendons/muscles etc.). Your fascia might be locking up your joints...which will then cause other tissues to adapt their movement & function. It's key to get everything moving as fluidly as possible. Start with these few exercises and feel free to ask us for more, or do some research on your own (only trust credible sources!).

1. Ankle Mobility



How: Keep the front foot, especially the heel, firmly pressed on the ground. Drive the knee forward, aiming to angle over the pinky toe of the same foot. Exhale into the stretch, back off, and then repeat several times. Do not cheat and lift the heel up!

Why: We wear shoes all the time, we sit a lot, and then we exercise without properly warming up. Your lower leg and feet are probably so locked up, that you might as well be walking around with concrete flippers stuck onto your legs. If you are tight here, your entire body will adapt and start moving differently to compensate for the lack of flexibility at the base of it all.

2. "T-Spiderman"



How: Start in a quadrupedal position with both hands planted. Step one foot forward and plant it next to your hand on the same side. Sink down into your hips, keeping both hips in line and not drifting outwards. Center your opposite hand, and then lift the hand nearest your foot to open into a twist. Exhale deeply, squeeze your shoulder blades together and keep in a straight line from hand to hand. Inhale, bring your hand back down, step your foot back. Repeat on the other side. Go through this several times.

Why: Your Pelvis is home to many joints and attachments, most of which should be moving pretty freely. Our lifestyles keep our hips closed up most of the time, causing a constant shortening and tightening of muscles, tendons, joints, and other important things affected by our pelvis. Being tight here causes increased stress on other parts of your body, such as your lower back or your knees.

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3. Cat-Camel



How: Start in a quadruped position with both hands planted. Align knees under hips and hands under shoulders. Take a deep inhale and arch your back as hard as you can; try to sink into your upper back between your shoulder places. As you exhale, round out by “hollowing” your stomach, tucking nose to tailbone, and lifting from between the shoulder blades. Sync your breathing and continue for several rounds.

Why: Your mid to upper back, or your Thoracic (“T”) Spine is meant to move, twist, bend, and rotate. Unfortunately, a lot of us are super tight here. So, we instead force our lower backs to move in a hyper-mobile way, to make up for the lack of movement above it. As a result, our lumbar spine and all the muscles, tissues and supporting structures in our lower back work much harder than they need to. This leads to aches, pains & injuries. Unlocking your Thoracic region will help reset your movement patterns.

4. Assisted Squats



How: Start standing tall, grasping a supportive beam with both hands. If you’re at home, use a door-knob or door-frame. As if a string is pulling from the crown of your head, stay tall. Keep your collar-bone spread and shoulder relaxed. Firmly grip the ground with your feet and push your knees outwards, slightly (as if breaking through two panes of glass with the outsides of your thighs). Slowly descend, letting the weight sink into your deepest hips flexors. Using the power from the back of your legs and your butt, rise all the way up, staying tall throughout. Repeat.

Why: This brings everything together and reinforces the movements you practiced in exercises 1-3. Squatting is one of the most functional, primal movements for the human body. You need to be able to squat perfectly with your own body weight before thinking about adding any weights or variations!

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