



OLLI: DAILY

Your dose of wisdom & motivation

SERIES 1

Repairing your Fascia, Step #2 RELEASE

Now that we have been moving a bit more to help identify where our main restrictions are, it's time to really dive into repairing our fascia. Step #2 titled "Release" is all about unlocking your soft tissue and spending some quality time with your fascia.

In "Step #1: Mobility," we outlined a few very basic movements to open specific areas of the body that are very often locked up—such as the Thoracic Spine, Lower Back, and Hips. To progress towards more functional, strenuous exercises, you need to give your muscles, bones, & joints room to contract, relax, stretch, and move the way they are intended to.

Soft-tissue release techniques are wide ranging, but are most effective when implemented in a **consistent, progressive & systematic** manner. To set-up for success, outfit yourself with the right tools to avoid making excuses. To start, try to have the following easily available to you:

- Foam Roller (Level 1 is basic foam, Level 2 is a firmer material, Level 3 is a solid plastic)
- 2 Tennis Balls (Level 1 is a tennis ball, Level 2 is a lacrosse ball, Level 3 is a softball/baseball)
- Yoga Block



It's important to start at the **Level 1** tools if you are new to soft-tissue release. Jumping ahead to a firmer material may be too intense and cause tissue damage and bruising, rather than releasing tension & adhesions as intended.

The best place to start is getting settled into a foam rolling routine. Check out the overview below and ask us for more details, video demos, and product suggestions if you'd like more information.

Aim for at least 60 seconds with each exercise. Remind yourself this is a **process**; allow yourself to relax fully into this practice, using your breath to melt over the foam roller. Move up, down, side-to-side, in a slow thorough manner...encourage yourself to be comfortable with feeling, well, uncomfortable. When you find a knot or trigger point, you will want to skip over it...**don't give in to this temptation!** Hang out for a few breaths on this spot to allow it to release a bit.

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1. Gluteus Release



2. Ilio-tibial Band Release (be gentle, we are all pretty locked up here!)



3. Quads & Hip Flexors



4. Back



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****IMPORTANT TIPS:** *If any exercise is unbearable or painful enough that you cannot relax into it, please ask us for modifications! Avoid crossing any and all bony structures. Be sure you are hydrated and always follow soft-tissue release with active stretching (Step #3, to be covered in the next OLLI: Daily). Work on maintaining even support and good posture throughout all foam rolling exercises.*

If you start feeling like your systems need some extra love to really see improvements, talk to us or ask a wellness professional about your next move in repairing your fascia. To supplement your daily efforts, or if you're after a more aggressive approach, consider the following techniques:

- Active Release Therapy
- Acupuncture
- Chiropractic Care
- Cupping Therapy
- Deep Tissue Massage
- Graston Technique
- Reflexology
- Stick-work
- Trigger-point therapy

What's the point of all this? The micro-tears that your tissues endure through your every day movements & exercise, as well as the lack of movement in specific areas of your body, result in some serious knots, adhesions & trigger points. These start acting as "kinks" in the lines of your fascia—putting constant tension & stress where you are meant to be fluid & mobile. These soft-tissue release techniques eliminate the build up of knots and trigger points, allowing you to stretch, restore movement patterns, reduce pain, and improve your performance & recovery.

**Stay tuned for the next "OLLI: Daily" to learn Step #3
to repair and restore your fascia.**

Want info now?

Email me at cassie@OLLIFitness.com

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