

Staying Flexible

Finishing Well by stretching and melting your fascia.

I desire a full range of motion for each and every one of us. The nightly unchecked growth of fascia, however, can reduce our range of motion and inhibit the joys in life in so many ways.

Normal fascia is like a film of loose connective tissue that grows in the body each night during sleep. Wikipedia describes it as “a band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs.” It is filled with fibers that grow across each other, going in different directions, resulting in a webbing effect. Though necessary for movement, if left unchecked, it will become thick, strong, and hard to break apart, causing lack of mobility and reduced skeletal integrity.



Sometimes when we have an injury, arthritis, or other condition that creates pain with movement, we restrict or diminish our movements so that we do not endure further pain. When this happens it also allows the fascia to build up night after night, week after week. This then becomes strong in its own right and reduces our range of motion, often preventing us from bending over to tie our shoes, being able to open our arms far enough to easily put on a winter coat, and walking with a confident balance. This buildup of fascia can take away some of our full rich experiences in life.

Movement helps hydrate and lengthen normal fascia. If we move, reach, and stretch on a regular basis, we alter fascia tendencies to build up, shorten, and harden. If we don't, we will need to move through some minor pain to melt and break apart the excess fascia. Overall, we need to be willing to pay attention to the body and be guided to normal, healthy mobility.

Repair of the body as well as maintenance for flexibility and fluidity of motion can be done through:

- Massage therapy
- Physical therapy
- Chi Gong and Tai Chi
- Yoga
- Daily stretching exercises

Yoga is one way to work with the body's production of fascia. Yoga not only keeps the body supple and flowing but can bring fascia into line so it does not restrict ones movement. By engaging in a frequent sun salutation specifically designed to stretch the body in many different ways, you can break apart and melt the daily buildup of fascia in many different parts of the body. This sun salutation can be designed specifically for the individual and usually takes 5 to 10 minutes to perform 2 to 6 days a week. The end result is having the muscle surfaces slide over each other easily, allowing us to Finish Well.

For a short, interesting video on the subject, click here:

https://www.youtube.com/watch?v=BdRqLrCF_Ys