



Fascia Flow

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Joe said he was 50 years ahead of his time, and research confirms that he was right. Contrology beautifully works within the fascial system to correct movement, reprogram the body, create space and facilitate load distribution. In this mat flow workout, we will examine one of the four properties of fascial tissue: elasticity.

WHAT IS FASCIA?

- Organ of form
- Communication System
- Sensory Organ
- Metasystem
- Anatomy Trains: Line of pull that transmits load/strain, creates rebound, facilitates movement, and provides stability

FOUR TRAINABLE PROPERTIES

- Elasticity
- Plasticity
- Regeneration
- Viscosity

Elasticity is the springiness, resilience or give in our tissue. “The elastic property of fascia is possible because these tissues have the ability to store some of the mechanical energy that is applied to them. They are able to utilize this when returning to their original shape and size when the load is removed.”

Finding the expandability and elastic recoil of our tissue in the mat work increases ease, efficiency, and resilience in our bodies.

FOR FURTHER STUDY:

Anatomy Trains by Tom Meyers, <https://www.anatomytrains.com>

Fascia, The Tensional Network of the Human Body by Robert Schleip, et al

Fascia in Sport and Movement, Edited by Robert Schleip and Amanda Baker

Fascia in Motion: Fascia-Focused Movement for Pilates by Elizabeth Larkam

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