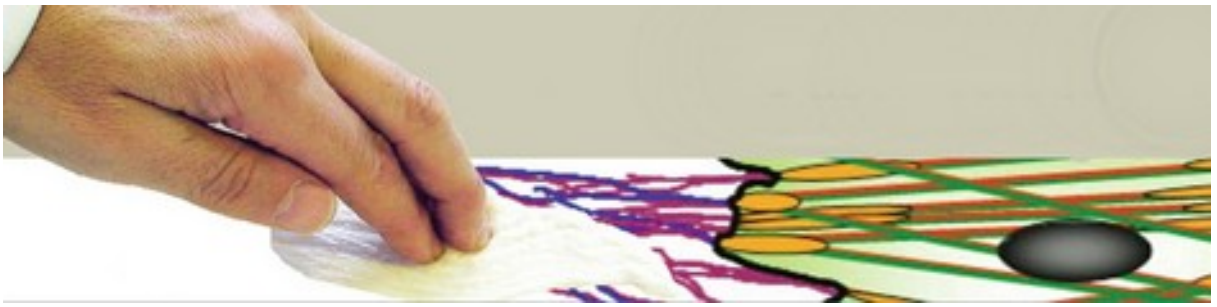

FASCIA NEWS

July 2016

A sporadic infoletter of the Fascia Research Group, Ulm University, Germany

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Dear colleagues,

In case you receive this infoletter for the first time, then we probably heard from you in the past that you were interested in our courses or products in the fascia field. We plan to distribute these FASCIA NEWS between 1 and 3 times per year; not more. In case you are not or no longer interested in this, you can simply reply to this mail with the word ‚UNSUBSCRIBE' in the text. Alternatively you also have a chance to unsubscribe at the end of this newsletter.

Congress on 'Connective Tissues in Sports Medicine' at Ulm University

The second congress on ‚Connective Tissues in Sports Medicine' will be held at Ulm University March 16th-19th 2017. Together with the department of sports medicine of the university we were able to engage the leading international scientists in this field as presenters. Congress language will be English, with a simultaneous German translation provided. The congress or oriented towards sports medicine doctors, physiotherapists, sports scientists, Pilates/yoga-teachers, fitness coaches as well as other professionals in the fields of sports medicine and movement therapy. More at www.connect-ulm2017.com

CONNECT 2017
CONNECTIVE TISSUES IN SPORTS MEDICINE
University of Ulm – Germany
March 16-19, 2017

Fascia Research Summer School: Leipzig Sept. 4th-9th 2016

Our next bi-annual Summer School will happen at Leipzig University this September. Participants have the opportunity to mingle with experts such as Thomas Findley, Willem Fourie, Tom Myers, Carla Stecco, Hanno Steinke, Andry Vleeming, Jaap v.d. Wal, Jan Wilke, and half a dozen other confirmed international presenters.

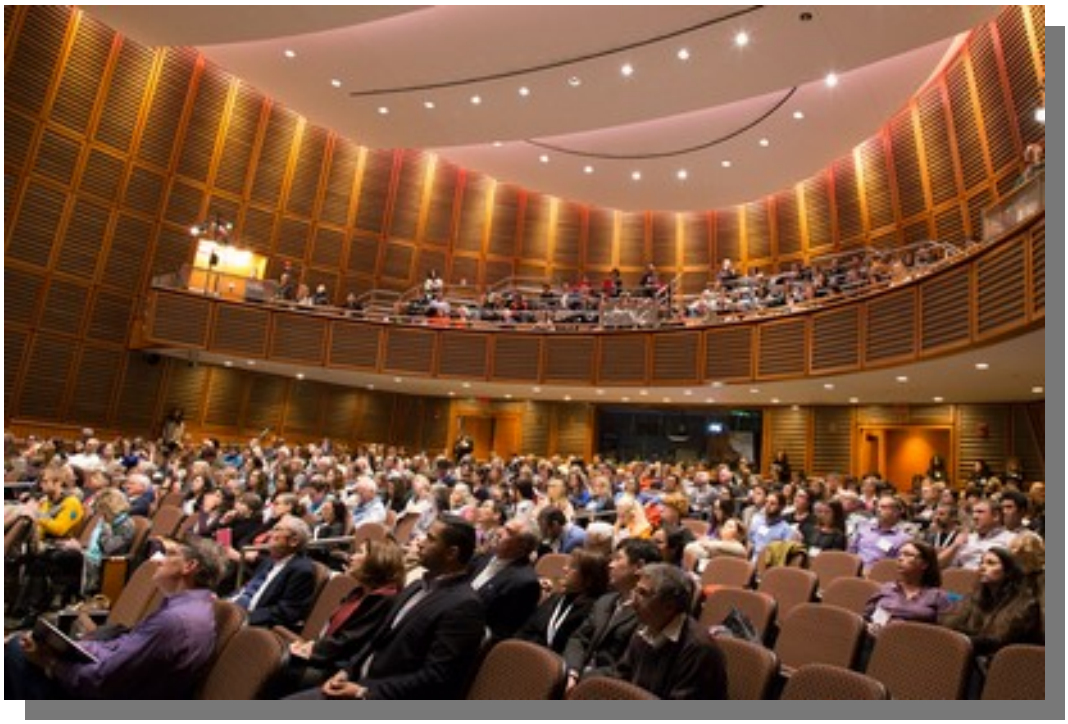
We are particularly happy this time to be able to use the excellent facilities of the Anatomical Institute of Leipzig University for this event. In case you are interested: 4 places are currently still available (as of today, July 23rd; group

size: max 75). More at www.fasciasummerschool.com

'Fascia, Acupuncture & Oncology'

The conference center of Harvard Medical School hosted a first congress under this theme last November. The almost palpable spirit of excitement was similar to the 1st Fascia Research Congress, which happened in the same location in 2007. Main recognition this time: The dynamic development of cancer is strongly influenced by the stiffness of the surrounding connective tissue. E.g. aggressive cancer cells behave less fiercely once they are embedded in a softer fascial matrix; and modest tumour tissue starts to grow more rapidly, in case the surrounding stroma increases its stiffness. From a certain developmental stage, the cancer cells even start to 'enslave' the fibroblasts in their vicinity to create a stiff fascial capsule around them in order to protect them from the daily fights with the immune system.

Based on this recognition there is now an almost frantic search for anti-fibrotic interventions. Of course this includes biochemical pathways; but also biomechanical influences are explored. E.g. animal experiments seem to indicate that slow static stretches may express an anti-fibrotic effect. A golden hint from us: all plenary lectures are available for free download at a very good quality. See http://oshercenter.org/joint-conference-2015-video-presentations



Fascia Research Congress in Berlin 2018

The dice are cast! The next international www.fasciacongress.org will happen in Berlin on Nov. 14th- 15th 2018. It will be organized in partial collaboration with a 3-day congress on fascia in osteopathy of www.osteopathie-schule.de, which will happen immediately afterwards. Including the 2009 congress in Amsterdam this will be the second time that the tri-annual international research congress will be happening in Europe. For now: save the date!

New book contributions

Carla Stecco's new ‚*Functional Atlas of the Human Fascial System'* provides a historic contribution to the field of musculoskeletal anatomy. After more than 400 years of Western anatomical medical illustrations, this is the first topographic atlas of the human fascial system. Our hint: don't miss the many inserted boxes of '*clinical pearls'* throughout the book. They provide over a hundred meaningful suggestions for myofascial therapists.

Recently the French surgeon Jean-Claude Guimberteau published a very impressive book on '*Architecture of Human Living Fascia'*. Besides the spectacular microscopic photos, the book contains a CD with dozens of video films focusing on particular relationships and dynamics described in the book. Both books are available at www.fascialnet.com

Three systematic reviews on foam rolling

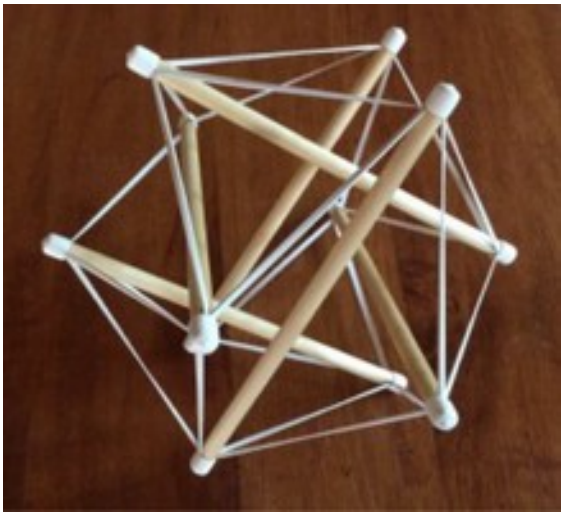
During the last few months three systematic reviews have been published on foam rolling (a.k.a. self myofascial release). All three share the following conclusions:

1) Foam rolling seems to provide at least a short term increase in range of motion. 2) Athletic performance seems to be not decreased (in partial opposition to the short-term detrimental effect of static stretching on subsequent athletic performance). However, also no immediate improvement in athletic performance could be found. 3) Soreness after intense exercise is decreased after foam rolling. Further effects cannot be excluded; however, they can't be clearly supported by these systematic reviews. More at:
www.fascial-fitness.de/de/presse/pressearchiv/aktuelle-faszienstudien

Myofascial massage prevents repetitive strain injury symptoms in rats

Geoffrey Bove and colleagues trained laboratory rats to perform thousands of repetitive hand movements for 12 weeks, suitable for inducing repetitive strain injury syndromes (RSI). Half of the animals received a myofascial massage on 5 days a week. Compared with their peers (that did not receive such a massage) the treated animals clearly expressed fewer RSI symptoms.

Our suggested speculations, in case these findings can be extrapolated to humans: if one plans to challenge one's tissue by highly repetitive loading such as with a very long hike, a marathon run or finishing the typing of a doctoral thesis, then a regular myofascial stimulation may possibly be helpful in preventing some of the overload symptoms. More at: www.ncbi.nlm.nih.gov/pubmed/26810536



Tensegrity-Modell: now in white

Most fascia experts know the tensegrity model with 6 sticks and black caps and strings. Based on numerous requests we were able to convince the North American producer to also supply a more 'female' model with white cups and white elastic

strings. The immediate result: Almost everybody now orders now this new white model. Available at: www.fascialnet.com

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So far the latest news from the fascia research field
as seen through the perspective of the small Fascia Research Group at Ulm University.

Fascianatedly yours
Dr. Robert Schleip and Fascia Research Team