

Fascial Yoga and Movement for PD

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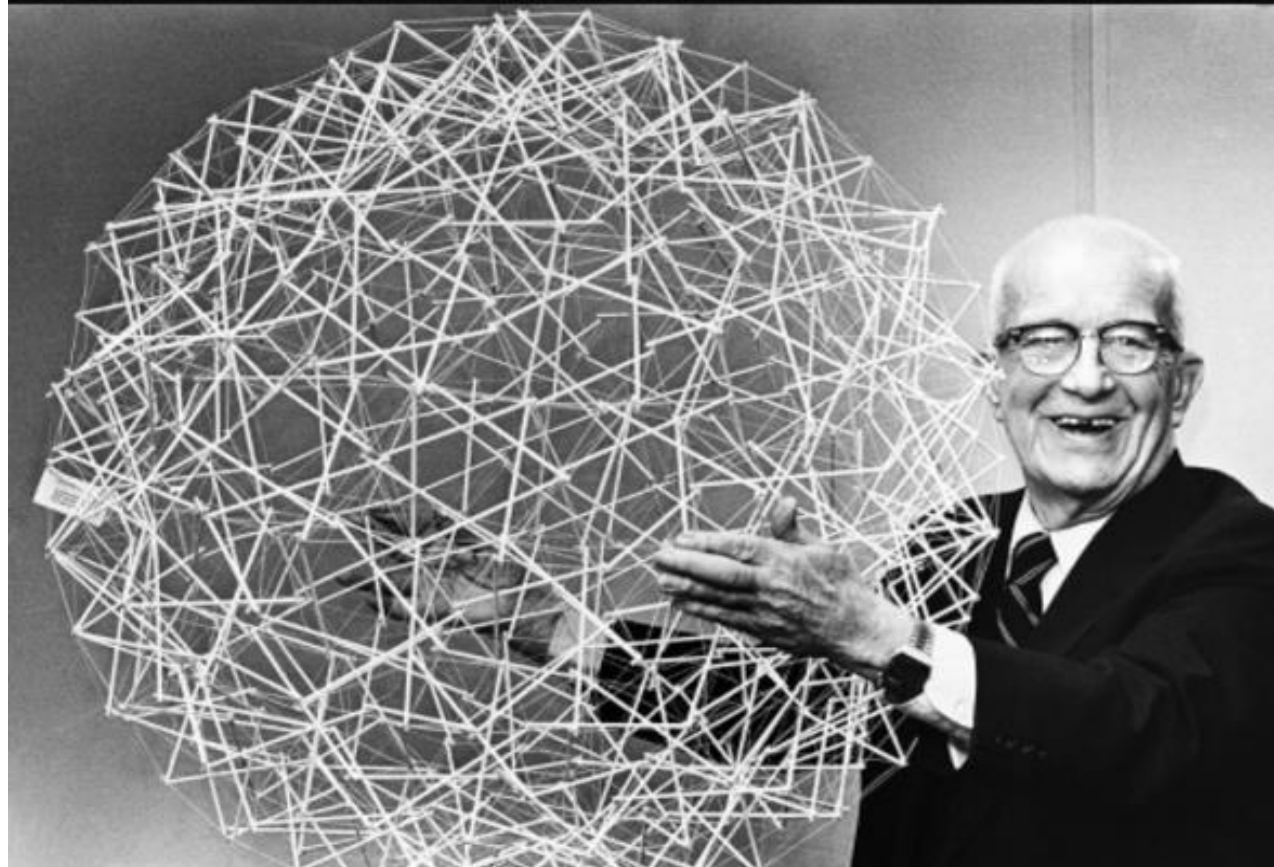
Donna Brooks, BS, C-IYAT, RSME/T

The language and imagery we use prompts the experience we have moving. We commonly think good posture is fixed and built from the ground up. We think particular body parts are responsible for movements (Legs for walking. Arms for reaching). We don't realize how connected everything in our bodies are. The disconnection makes it harder to move.

Can a more integrated understanding of movement help easier movement and less stress?

Buckminster Fuller

Tensegrity structures have both more resilience and less stiffness. If you load tension into one place all the connections respond to create support and balance in a multi dimensional way.

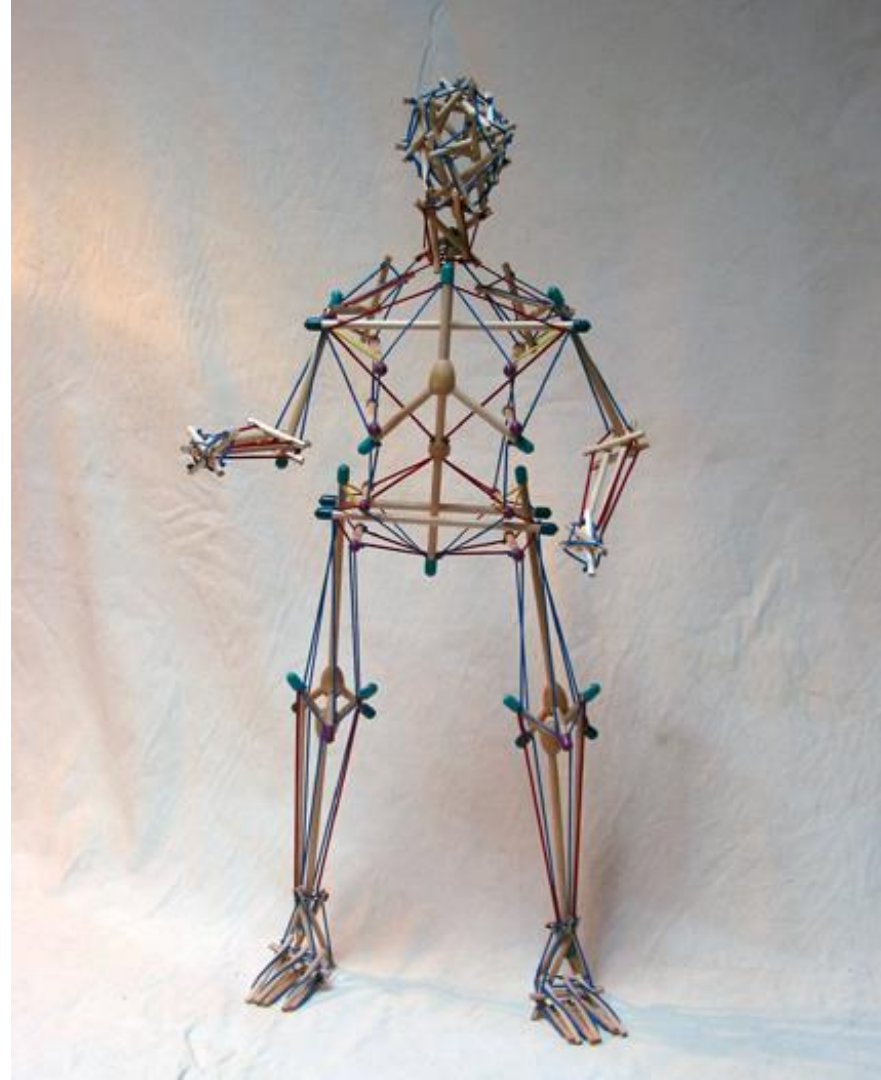


Tensegrity person

A person of tensegrity!
Notice how his or her
movement is non-linear.
Also how force moves in
several ways taking
pressure off the joints.

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Dancer

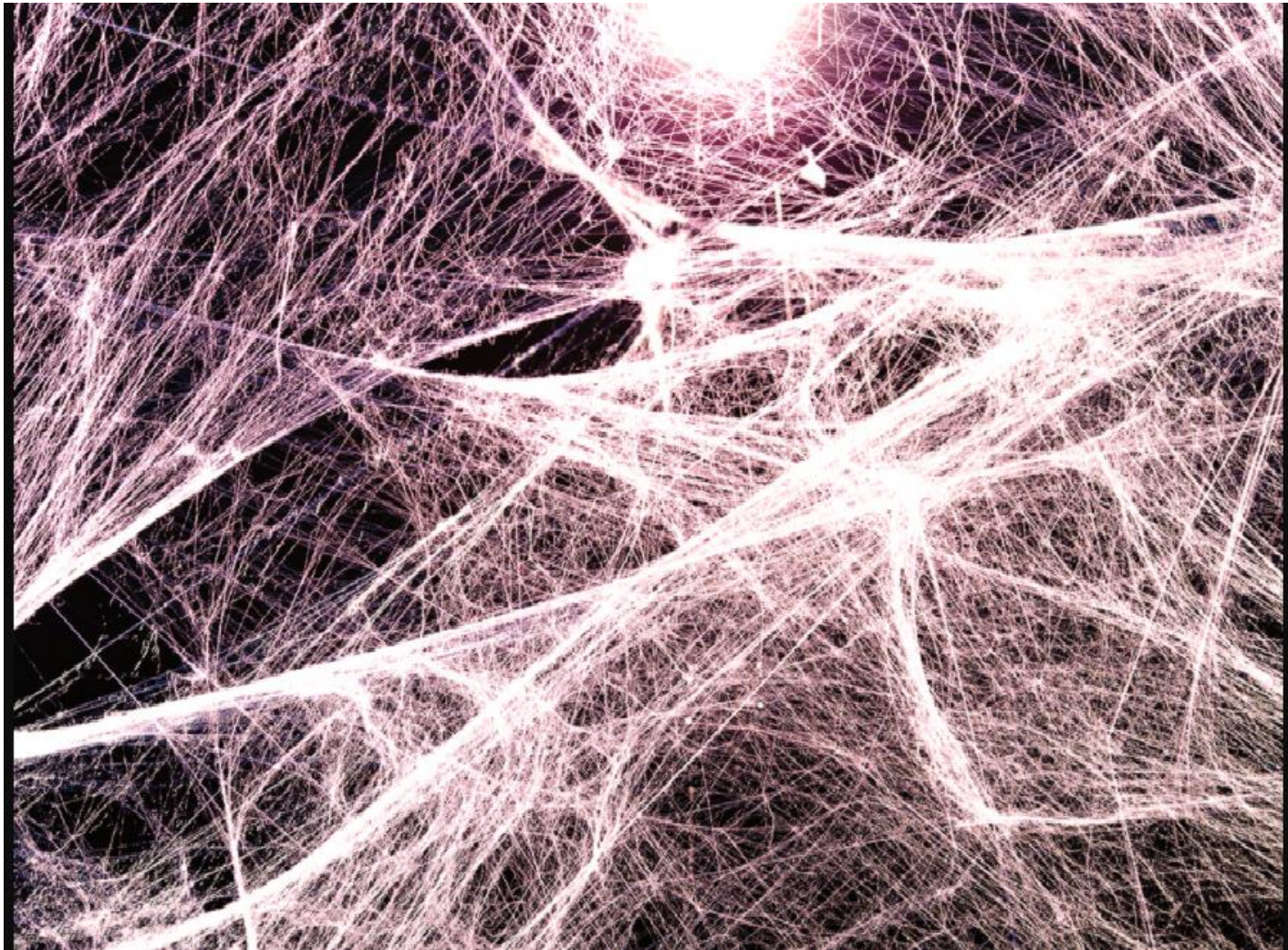
This is true in bodies as well as in structures.



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Fascia

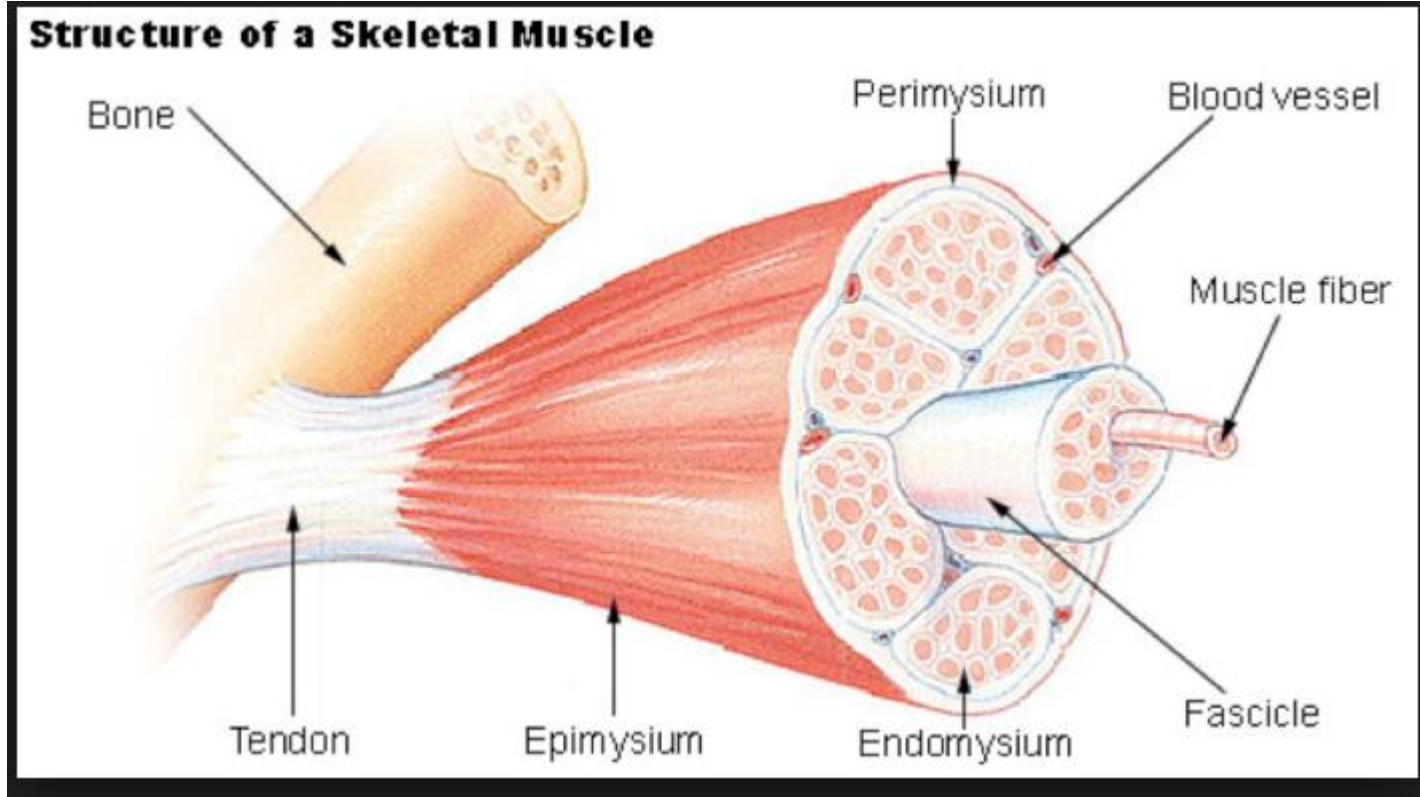
Fascia give structure and “rebound” through elastin and collagen. But it is also a liquid cellular matrix. It creates a kind of weaving or netting; in effect it is a gelatinous fabric that gives non muscular shape and support to our bodies.



Muscle with Fascia



Fascia within muscle



Fascia is slippery and glides. It wraps our muscles and internal organs. Some researchers consider tendons, ligaments and even bones extensions of fascia.



Bones have natural spirals and are part of the tensegrity network. Following the rhythms of the bones means our joints get lubricated, work through a full range of motion and our muscles stay limber.

Fascia also spirals, and to add possibilities, organs and muscles are supported by slings that give us more bounce and resilience.



When you move fascia you make it more slippery

Pick an arm. Raise it up to the sky. See how far it goes.

Take a tennis ball and place it under an armpit. Squeeze it! Take a hold of your upper arm and gently push the arm up and down several times while breathing. Keep the ball in your armpit. Stretch your fingers out as you push down and relax them as you come up.

Rest

Now, with the ball still in your armpit, push the arm forward and back. Let your hand stretch open as you push back and close it as you come forward.

Now remove the ball and raise your arm. What's different?

Repeat to the other side.

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Slippery fascia with elastin and collagen fibers provides the structure for multi-dimensional movement,

This exercise will also develop hand dexterity.

Take the tennis ball between your hands. Imagine it's filled with paint and you want to get paint into all the wrinkles and on all surfaces of your hand. Put the ball down.

Make grasping and pushing motions with your hand. Grasp with the outer edge of the hand first. Push out with the mounds of your palm. Really pull and push. There is no relaxation; just pull and push. Can the push and pull affect your torso at all?

Do the other hand. Now do both together.

See if you can do one hand grasping while the other pushes. This creates tensegrity. Can you feel it move your shoulders? Your chest? Does it affect your balance?

Rib lift and rotation

Put hands of waist and lift rib cage.

Breathe deeply

Slide ribs from side to side

Accordion ribs

Open and lift ribs while pushing into feet

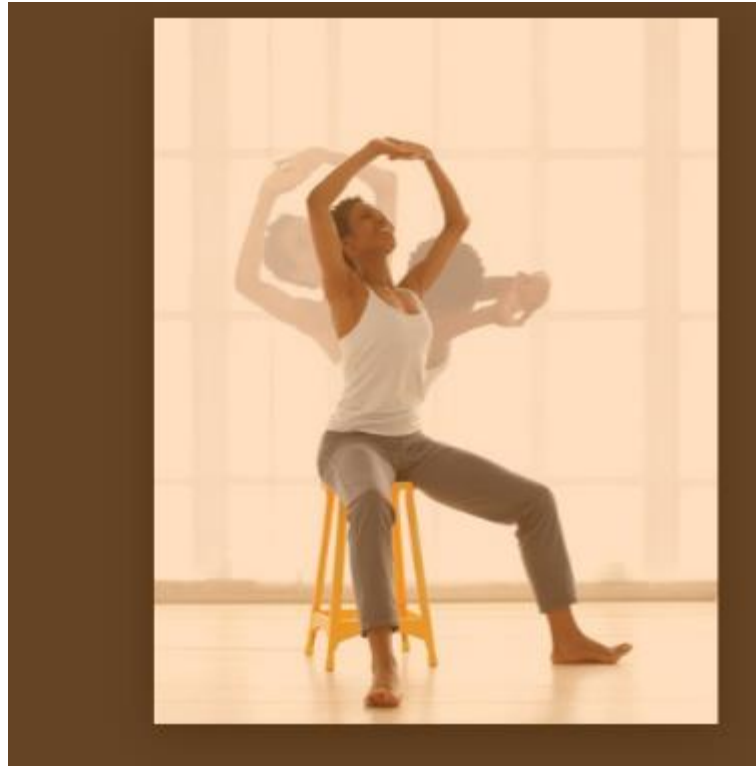
Figure Eight ribs

Slippery elasticity and tensegrity create good posture

Raise both arms. Keep the right one up while bending the left elbow and pushing it down as if you were pushing a lever with it. Right arm is feeling like it is being pulled. See if you can feel the pull all the way down to your waist. Feel the supporting tension between the right hand and left elbow.

Change sides and repeat each 2X

Three D Movement in Action for Posture and Balance with Joint Movements



Fascial Tensegrity distributes force and pressure increasing balance:

Now, with the right arm raised and the left elbow bent, start reaching with your index finger as if a shooting star were traveling behind you.

Let your left arm lower but keep the dynamic tension. Can you feel yourself twisting at the waist? Do you feel weight shift on your feet? Can you safely take a step? Can you feel the distance between your reaching finger and opposite foot?

Safe Turning

Stand up

Place your bent elbows at your side

Shift your hands, arms, shoulders and head to the right as far as they can go.
Hold there as if your hands were placed against a wall. Move your feet around to meet your hands.

Continue around a circle until you come to center.

Summary

Picturing and feeling fascia, and related bones, ligaments and tendons create a different structure that lets you have:

More resilience and less stiffness

Better Posture

Improved Balance

Cross body and whole body movements

Comfort with moving - less fear

More relaxation

