

2236 – Retraining Principles of Muscle Activation

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-3:45 pm – 2.5 credit hours

(Classroom: 1:00-2:15 pm / Pool: 2:30-3:45 pm)

Faculty: Lynda Keane, MSc

COURSE DESCRIPTION: Fascial elasticity has not been recognized until relatively recently. This course will describe what the myofascial web is and what it is made up of. Due to the modifications that can be made by changing the mechanical properties of fascia, we will look at the deep fascia layers, the elastic recoil and force transmission that takes place within the layers between muscles, tendons and fascia. By examining the connections that come from muscle contraction, we can understand how these forces can be felt in areas further away in the chain and how force transmission from muscle to fascia helps to regulate tension and expansion. We will discover why tendons are such a major driver in elastic recoil and how to train them effectively, resulting in individuals who move more efficiently, resulting in increased strength, endurance and power.

COURSE OBJECTIVES:

- 1) Review the fascial web, deep fascia, and intramuscular connections.
- 2) Appreciate the importance of Glycosaminoglycans, hyaluronan, and cell receptors for cell health and elasticity of cells.
- 3) Appreciate the significance of the mechanical properties of fascia's molecular organization.
- 4) Explore force transmission and elastic recoil through muscle and fascia.
- 5) Understand the effect injury can have on elastic recoil.

FACULTY: Lynda Keane, MSc, specializes in aquatic rehabilitation in the UK and has a degree in sports rehabilitation and injury prevention. She works with orthopedic and musculoskeletal clients including many with hypermobility. Lynda guest lectures at a UK University in aquatic therapy and writes and presents many workshops for Hydro-Actif.