

Setup & rehydrate
the myofascial
interconnected system
by use of
*hands-on Triggerpoint*method

High Functional Therapie for myofascial Integration

Ave Sustainable Pain-Deletion - Integrate the Myofascial Structure by

Hands-On-Fascialmethod & Bodywork

-BODYSCAN (body-reading) & analysis of the interconnected structure

-CONNECTIVE TISSUE - Type Test

-PURPOSEFUL FASCIAL- & CONNECTED TISSUE - TECHNIQUES

-MYOFASCIAL INTEGRATION

-DRAIN AWAY Pain/Tension by hands-on techniques

-SETUP elastic-strength to sustain Integration from connected tissue structure

DATES BY APPOINTMENT!

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To place an insight und well understanding to the subtle charm of fascial-work, read the following introduction:

Fascia (pl. fasciae, adj. fascial; Latin "band"):

A band (sheet) of the connective tissue (primarily collagen) beneath the skin attaches, stabilizes, encloses, and separates muscles and other internal organs.

Fascia is classified by layer, as superficial fascia, deep fascia, furtherhin visceral or parietal fascia, or by its function and anatomical location.

Like ligaments, tendons and aponeuroses, fascia is made up of fibrous connective tissue containing closely packed bundles of collagen fibers oriented in a wavy pattern parallel to the direction of pull.

Consequently flexible and able to resist great unidirectional tension forces until the wavy pattern of fibers has been straightened out by the pulling force is fascia well known as collagen fibers wich is produced by fibroblasts located within. !!Fasciae are similar to ligaments and tendons as they have collagen called their major component. They differ in their location and function: ligaments join one bone to another bone, tendons join muscle to bone, and fasciae surround muscles or other structures!!

(Because of the different types, women are dispositioned to Cellulitis)

MTF - Mainly Working with the SuperficialFascia:

Superficial fascia is the lowermost layer of the skin in nearly all of the regions of the body. It consists mainly of loose aerolar and fatty adipose connective tissue and is the layer that primarily determines the shape of a body. It serves as a storage medium of fat and water; as a passageway for lymph, blood vessels and nerve & as a protective padding to cushion and insulate. Due to its viscoelastic properties, superficial fascia can stretch to accommodate the deposition of adipose that accompanies both ordinary and prenatal weight gain. After pregnancy and weight loss, the superficial fascia slowly! reverts to its original level of tension.

Like Robert Schleip calls "**Fascia as an organ of communication**", I never will be tired to agree **because: Fascial tissues**, particularly those with tendinous or aponeurotic properties, **are also able to store and release kinetic energy!!!**

LAST NOT LEAST BE WELL INFORMED:

Fascia shapes, moves, communicates and supports!

These functions must work together as one integrated system. Also it means that these four elements have to be considered in my work & training: rebound elasticity, fascial stretch, fascial release & proprioceptive refinement. Usually they are combined, so each element has to be performed regularly to reach effectively all the different types of fascia tissue.