

# Fascial Pelvic Floor Training in Sports and Movement

## Divo Müller – ½ day workshop

### **Purpose of workshop and learning outcomes:**

Participants will learn about the different functional roles of the fascial system and of the importance of collagenous tissues for a healthy and resilient pelvic floor. The focus will be on the myofascial connections and their force transmission to foster a strong- elastic as well as a supple-flexible pelvic floor. One focus of this workshop will be the increased number of incontinences in athletes and specific fitness methods (e.g. Crossfit, weightlifting, trampoline jumpers) as a result of overloading the fascial system. We as well look into the interaction of the diaphragm and breath providing healthy pelvic floor function from a fascial perspective. As fibrosis comes along with a loss of elasticity and changes of the ground substance lead to restrictions in gliding and flexibility resulting into a variety of dysfunctions a comprehensive floor training should complement muscular components with specific training stimulations for related collagenous tissues.

The workshop will invite participants to playful fascia-oriented training elements involving elastic rebound movements to enhance fascial resilience

the role of the thorax, breath and continence especially from a fascial perspective

release and rehydration as self-treatment techniques with balls

enhancing proprioception and interception via breath and guided sensory refinement exercises.

### **4. Workshop description:**

Yogis call it 'Mula Bandha' and Pilates Trainers the 'Powerhouse', we call this myofascial network the elastic trampoline. Modern movement science has documented the importance of a healthy tonus regulation of the pelvic floor. Yet conventional training of the pelvic floor has been mainly focusing on strengthening the muscular layers. Modern fascia research highlights the important role of the elastic collagenous tissues to foster a resilient and elastic pelvic floor. These recent findings lead to a reorientation in the training, which will be less muscular and static, but adds in a more elastic, bouncing and other specific exercises to strengthen the fascial sheets and myofascial connections of the inner pelvis. The training principles for a supple and resilient pelvic floor training are: elastic rebound > fascial stretch > rehydration > proprioceptive refinement

In this course Divo Müller will introduce the theory and practice of this innovative fascial oriented approach

### **Topics in theory and practice**

- The pelvic bones and the concept of the 'inner diamond'
- Three functional muscular layers
- Specific fasciae of the pelvis and the pelvic floor
- Myofascial chains across the pelvis with relevance for a healthy tonus regulation
- Myofascial pain syndrome in a male and a female pelvic floor
- Hormonal influences, loss of tonicity and fibrosis of collagenous tissues
- The four training principles: sensory refinement, rebound elasticity, muscular toning, and fascial release
- Practical exercises for each power principle

### **Specific Learning Objectives:**

- Understanding the different functional aspects of the fascial system as well as the importance of collagenous tissues to foster a resilient pelvic floor.
- Learning about matrix rehydration, collagen synthesis and regeneration periods to maintain and remodel a healthy fiber architecture and storage capacity in 1. athletes and 2. seniors
- Update on the role of estrogen and collagen synthesis in women
- Understanding the myofascial connections and the force transmission locally as well throughout the three functional layers into the abdomen, back and lower limbs.
- The role of the diaphragm, breath and incontinence in regard of the elastic components.
- Being able to teach and apply elastic rebound movements for the fascial pelvic floor
- Being able to teach and apply related self-treatment techniques with a variety of balls

- Being able to teach and apply related breathing exercises addressing the elastic components of the diaphragm and pelvic floor.
- Getting a protocol for rehabilitation of dysfunctional pelvic floor adding in fascial components. incontinence,

### **Workshop schedule:**

Theory 30 min:

- The bony and the ligamentous pelvis
- The concept of the 'inner diamond'
- Three functional muscular layers and their fascial attachments
- Fasciae of the pelvis and the pelvic floor
- Elastic recoil and the catapult effect
- The role of the diaphragm, breathing and the effect staccato sounds

Practice 30 min

- Tissue preparation with balls and breath
- Elastic Rebound: Catapult Training: Abdominal Network, Elastic Jumps. Staccato Breath and Powersounds,

10 min break

Theory 30 min

- Myofascial chains: from too much or too little into healthy tonus regulation
- Force closure and Fascia endopelvina
- Three functional layers of the pelvic floor and force transmission

Practice 30 min:

- Basic exercises for each chain and aspect. Application of these fascial components:
- Elastic rebound, fascial toning and proprioceptive refinement

10 min break

Theory 30 min.:

- Actual findings on fluid dynamics, ground substance, hyaluronan and densification
- Healthy collagenous architecture and fibrosis

Practice 30 min:

- Release and rehydration with specific tools like the perineum ball designed for the female anatomy and the perineum egg designed for the male anatomy.

Theory 15 min

- Davis Law, Cellular remodeling and specific training recommendations

Closure: 20 min

- time for questions and discussion

### **Extras:**

Participants need sports clothing.

Presenter:

**Divo Mueller HP** is co-director of the Somatics Academy GbR in Munich/Germany. She is founder and executive director of the Bodybliss Method in movement therapy and the related Bodybliss Studio in Munich ([www.bodybliss.de](http://www.bodybliss.de)). She is one of the leading co-founders of Fascial Fitness, an innovative movement training, created by an international core group of sport scientists and somatic oriented therapists around Thomas Myers, Wilbour Kelsick DC in collaboration with the fascia research group University Ulm, directed by her husband Dr. Robert Schleip. Divo has been the CEO of the Fascial Fitness Association (FFA), an international network offering a Fascial Fitness Certification program worldwide. Divo is a licensed German naturopath since 1995, certified Somatic Experiencing Practitioner (1995, by Peter Levine PhD et al.), certified Myofascial Release Practitioner (2000, by Deutsche Gesellschaft fuer Myofascial Release e.V.). She was authorized as first European Continuum Movement teacher by Emilie Conrad and Susan Harper in 1993. Senior Fascial Fitness Mastertrainer since 2010. She is also author of numerous books and articles on fascia-oriented movement therapy.