

## **Postural alignment and unrestricted fascia; stimulating the soles of the feet for injury prevention.**

### **Annette Verpillot / ½ day course**

This workshop will include education of how humans came to have posture, what are aligned and mal-aligned postures, and what role our fascia and the soles of our feet play in our alignment and flexibility. Deep fascia is involved in how the body gains awareness of its' position in space and therefore helps create movement (Bordoni & Zanier, 2014); the role of fascia in flexibility and injury prevention will be discussed (Harvey, 1998). After a learning and discussion period, participants in this workshop will take a hands on approach to evaluating posture and flexibility, pre and post stimulation of the soles of the feet (using proprioceptive exercises, postural insoles etc.). It has been shown that by stimulating the soles of the feet one can influence plantar fascia, and an increase in hamstring length in young asymptomatic individuals occurs (Patel, Vyas, & Sheth, 2016).

### **Expected learning outcomes**

- Understanding of the CNS involvement in the creation of posture
- Recognizing the importance of the feet as a sensor and fascia in posture and proprioception, performance and the potential for injury prevention
- Understanding of how one can influence the feet to impact posture, fascia and influencing proprioception in a positive manner

### **Workshop schedule:**

14:00 – 15:45	Part 1
15:45 – 16:00	Break
16:00 – 17:30	Part 2

### **Reading:**

- Harvey D. Assessment of the flexibility of elite athletes using the modified Thomas test. *Br J Sports Med* 1998;32:68–70
- Bordoni B, Zanier E. Clinical and symptomatological reflections: the fascial system. *J Multidiscip Healthc.* 2014;7:401-11.
- Patel, Divya & Vyas, Neeta & Sheth, Megha. (2016). Immediate effect of application of bilateral self-myofascial release on the plantar surface of the foot on hamstring and lumbar spine flexibility: A quasi experimental study. *Int J Ther Applic* 32. 94-99.

### **Presenter:**

Annette Verpillot is the founder of Posturepro, a health company specialized in restoring the brain-body connection. She is a Canadian entrepreneur, therapist, public speaker, and internationally recognized Posturologist. Annette has developed some of the world's most advanced rehabilitation and injury prevention techniques, and she teaches a method called Postural Recalibration to professionals in various fields.

She has worked with strength specialists, elite athletes and successful coaches from professional leagues and NCAA Division I sports. Annette actively participates in research on posture, health, and performance, and her recent collaboration with McGill University's School of Physical and Occupational Therapy was presented at the Movementis 2018 Conference at Harvard University. She is currently working with researchers at the University of Montreal and at the University of Quebec in Montreal to test the benefits of her approach on two specific target populations: Parkinson's patients and children with Developmental Coordination Disorder. Annette has also presented her methods at TEDX Montreal woman, Breakfast Television, ICI Television, and Collectively Beautiful.