WORKSHOP Contents

2nd International CONNECT Congress 2017 - Connective Tissues in Sports Medicine
March 16-19, 2017 | Ulm University

Pre-Conference Workshops - Thursday, March 16, 2017		
Full-Day-Workshop		
16.1	**Thomas Myers**	**Anatomy Trains: Assessing In-Series Myofascial Tensioning in Sports Training and Rehabilitation**
	The role of in-series tensioning is now widely recognized as essential in efficient movement. Using the Anatomy Trains myofascial mapping, this workshop provides the principles as well as practical visual and palpatory assessments to determine where and how the efficiencies provided by the entire suite of myofascial and connective tissue structures are working or not working. All three planes of motion are considered in the context of common movement patterns of gait, running, and functional squat and lunge forms. Participants gain visual and palpatory skills to trace the source of inefficient movement (which is often some distance away from the apparent failure) and to recognize efficient whole body movement when it is present.	
	Participants bring the following equipment with them: Yoga mats	
Half-Day-Workshops		
16.2	**Wolfgang Bauermeister**	**Ultrasound-Elastography: Assessment of the Elastic Properties of Fascia and Muscle in Sports Injuries with Prolonged Pain and Dysfunction**
	Sports injuries can result in pain and dysfunction leading to prolonged off time. Even though the actual injury has healed, pain can be triggered from sensitized nociceptors - peripheral sensitization - above and below the injury site. Therefore, a previously normal sports activity can provoke pain and dysfunction (Allodynia). Along with the peripheral sensitization the tissue gets harder. Palpation along the myofascial chains can detect the superficial but not the deep hardening. Palpation requires experience and skills, it is subjective and difficult to document or to communicate. Objective imaging procedures like conventional MRI, X-Ray or Ultrasound cannot image the tissue stiffness. Ultrasound-Elastography can provide images of the hardening within the fascia and the muscles. Compression Elastography provides numerical measures like pixel count and relative stiffness through strain ratios. Shearwave Elastography measures the propagation velocity of the shearwave and absolute stiffness. Therefore, elastography can identify the tissues with allodynia which require treatment. The efficacy of the treatment can be monitored with elastography as well.	
	Participants bring the following equipment with them: none	
16.3	**Robert Heiduk**	**Blood Flow Moderation Training in Rehabilitation and Recovery**
	Exercising with blood flow moderation (BFM) is routinely performed in Japan where it is referred to as Kaatsu. During the performance of BFM, blood flow is impeded by using carefully calibrated pneumatic cuffs, that are placed on the proximal ends of the legs or arms. It is widely accepted, that for increasing muscular strength and size using loads >60% of 1RM are necessary. However, researchers have reported similar muscular adaptations in BFM with loads of approximately 20% as seen in high load exercise, and sometimes in a more rapid time course.	
	Participants bring the following equipment with them: none	
16.4	**Wilbour Kelsick**	**Teach me to Run: The Running Posture & Technique Workshop**
	The "Teach Me To Run" workshop will help you understand the fundamentals of running mechanics, efficient running form and how you can prepare yourself or clients to have a successful running career. 1. Understand how fascia and Biotensegrty relates to running and training for running. 2. Understand the fundamental principles of running mechanics and styles 3. Explain the efficient running form/posture to improve running economy and decrease running injuries 4. Engage in a practical session to learn the skill of running using several running techniques and running neuromuscular patterning drills. 5. Demonstrate some functional exercises to prepare your body to withstand the stresses of running.	
	Participants bring the following equipment with them: exercise band, clothes for short periods of outside running	
16.5	**Divo Müller**	**A specific Connective Tissue Training for Lumbodorsial Fascia**
	In this workshop we will address the topographical and functional anatomy of the three layers of the lumbodorsal fascia, and how their collaborative network supports dynamic lumbar stability. We will discuss the potential implications of fibrosis and densification in these tissues, leading to a loss of strength and elasticity; as well as the implications of fascial adhesions, which may attenuate healthy gliding between these layers. An additional focus will be placed on the importance of the fascial mechanoreceptors, which can foster lumbodorsal proprioception as an antidote to nociception and can support an enhanced coordination of lumbopelvic movement. The specific training of the lumbodorsal fascia taught in this workshop includes the following themes: Elastic recoil, fascial stretch, matrix rehydration, proprioceptive refinement and cellular remodeling.	
	Participants bring the following equipment with them: Yoga mats	

Pre-Conference Workshops - Thursday, March 16, 2017		
Half-Day-Workshops		
16.6	**Freddy Sichting**	**Measuring Stiffness Properties of Connective Tissue in vivo**
	Gathering objective and reliable quantitative information about connective tissue is essential to evaluate the success of training, therapeutical or medical interventions. Current measurement techniques are mostly expensive and limited in its mobile application possibilities. This workshop presents an easy-to-use indentation device that enables comfortable and mobile measurements of connective tissue properties in vivo in the fields of sports medicine and biomechanics. The device allows measurements of tissue stiffness at different tissue levels, loads and indentation speeds. This half-day workshop will set a theoretical framework on connective tissue behavior and mechanical properties that prepares for an individual practical session. The participant is invited to learn how to define measurement points for repeated measurements and how to use the indentation device properly. A common data evaluation will complete this workshop.	
	Participants bring the following equipment with them: none	
16.7	**Antonio Stecco**	**Fascial Manipulation®**
	This workshop will illustrate new studies of the gross and histological anatomy of the human fasciae, and explain the biomechanical model for the human fascial system currently applied in the manual technique known as Fascial Manipulation©. The model represents a three dimensional interpretation of the fascial system. Its hypothetical foundations are fruit of more than thirty years of analysis of anatomical texts and clinical practice. More recently, dissections of unembalmed bodies have provided anatomical verification of numerous hypotheses including the fascial continuity between different body segments via myotendinous expansions and the possible distribution of tensional forces. This workshop will also propose new studies concerning the histological characteristics of superficial and deep fasciae (fibre content, structural conformation, and innervation) and debate the role of deep fascia in proprioception. The Fascial Manipulation© technique is based on the concept of myofascial units (mf units) united in myofascial sequences, and involves manual friction over specific points (called Centres of coordination and Centres of fusion) on the deep muscular fascia. This underlying rationale and the resultant analytical process guides the therapist in the combination of points to be treated and allows therapists to work at a distance from the site of pain, which is often inflamed due to non-physiological tension. Musculoskeletal disorders commonly treated include low back pain; tendinitis, sprains, peripheral nerve compressions, and neck pain syndromes, whereas visceral dysfunctions can include gastritis, irritable colon syndrome, constipation, and dysmenorrhoea.	
	Participants bring the following equipment with them: none	
16.8	**Zügel et al.**	**Molecular Diagnostics of Muscle & Systemic Inflammation in Sports Medicine**
	Diagnosis of inflammation in high performance sports involves diagnostic measures of immune cell status, cytokines, molecular expression profiles in muscle, combined with sport physiology testing, endurance and strength tests, lactate production and psychological profiling. This workshop will introduce the diagnostic and prognostic possibilities of these measures and will discuss the application on examples from athletes and patients.	
	Participants bring the following equipment with them: none	

Post-Conference Workshops - Sunday, March 19, 2017		
Full-Day-Workshop		
19.1	**Eyal Lederman**	**The Training Conditions for Connective Tissue Adaptation**
	• Expand the participants' understanding of the training conditions/practices needed to promote sports specific adaptation in the musculoskeletal and connective tissue. • Provide the participants with the tools and skills to apply these principles to improve human/sports performance and in supporting movement rehabilitation after injury • Introduce the participants to the science underpinning adaptive processes in neuromuscular (motor) and musculoskeletal systems and science of movement rehabilitation	
	Participants bring the following equipment with them: none	

Post-Conference Workshops - Sunday, March 19, 2017		
Half-Day-Workshops		
19.2	**Sue Falsone**	**Vacuum Therapy (Cupping): Soft Tissue & Movement Considerations for Orthopedic & Sports Clinicians**
	Cupping, or vacuum therapy, is an ancient technique whose exact origin is uncertain, however has been used extensively in Eastern mendicine. It includes variations of dry or wet cupping, dry cupping being more accepted in western culture. In either technique, a cup is applied over the affected area and negative pressure is applied. This creates suction, or lifting, of the tissue, introducing a different mechanical load than any other soft tissue modality we have in our arsenal. Most soft tissue work is compressive. Cupping, for the first time, provides a distraction to the soft tissue. This different mechanical load, along with the microcirculatory and physiological responses from the body, gives us a very unique modality to supplement our other manual therapies. Theories on the different responses of the body exist (bruising, swelling) however science continues to explore the exact mechanism by which cupping works. Different techniques may be used for different reasons, and these techniques will be discussed and practiced in this workshop.	
	Participants bring the following equipment with them: none	
19.3	**Christopher Gordon**	**Interdisciplinary Fascia-Self-Therapy (IFT®) with the Fascia ReleaZer®**
	Learn an effective and evidence based self-myofascial shearing method with the Fascia-ReleaZer®, a manipulation tool combining vibrational oscillation, leverage and the shearing effect with the edges. The correct application for lumbal pain as well as for HRV training for vagal tone increase will be shown and practiced. The Fascia-ReleaZer® method has been evaluated through 3 clinical studies and has been presented at the 4th Fascia Research Congress in Washington DC (2015) and the 9th CLBP Congress in Singapore (2016).	
	Participants bring the following equipment with them: Yoga mats, towels	
19.4	**Christian Stein**	**Tensegrity Concept – Complex Regional Pain Management**
	Participants are introduced to the tensegrity system. Theoretical basis from cell[1-5] to macroscopic myofascial system[6-9] will be shown. Furthermore new theories about the interplay of 6 different systems (mechanical, metabolical, hormonal, psychological, neurological, immunological) and their influence on the myofascial systems will be presented. Afterwards theoretical background is transferred to a manual approach.	
	Participants bring the following equipment with them: none	
19.5	**Jan Wilke**	**Self-myofascial Release: Treatment of Connective Tissue with Foam Rollers and other Handheld Tools**
	In recent years, the tool-assisted self-massage of myofascial tissues (self-myofascial release, SMR) has become a highly popular technique to treat and prevent musculoskeletal disorders, which is used by both, therapists and performance coaches. Current research suggest diverse effects: Besides increasing range of motion, SMR has been shown to decrease pain and foster regeneration. The proposed workshop presents the relevant physiological and histological basics for safe and effective SMR treatments, different techniques of application, areas of use (e.g., runner's knee, low back pain, groin pain) as well as risks and contraindications. Furthermore, the scientific evidence with respect to effectiveness and supposed underlying mechanisms is presented and critically discussed. A special emphasis will be laid on the application of SMR according to myofascial chains thereby connecting to the keynote lecture of the presenter in the main programme.	
	Participants bring the following equipment with them: none	
19.6	**Marie José-Blom**	**Teach and Treat Access to the Inner Works of Fitness - Liberate Connective Tissue for Performance Enhancement**
	As we now know, and continue to explore, the key to whole body wellness lies in the connective tissue matrix, the facsia. This live and dynamic environment functions much like the biologic ecosystem of our body, thriving when well balanced. The essential components that reflect "well balanced" are: • Tissue hydration | • The effect temperature | • Tissue glide | • Texture | • Tissue density | • Elasticity Maintaining or restoring this delicate balance lies in the combination of intelligent movement and intelligent touch. This Teach and Treat approach is a system that is developed to support and enhance the results of what you are already doing in your practice of movement education, bodywork, or physical therapy.	
	Participants bring the following equipment with them: none	

Post-Conference Workshops - Sunday, March 19, 2017		
Half-Day-Workshops		
19.7	**SPONSORED BY MERRITHEW™: PJ O'Clair & Meredith Stevens**	**Mindfulness, Interoception and the Relevance to Sports Performance**
	Athletes, both recreational and professional are driven to optimize performance. In the field of sports psychology, mindfulness practices have been shown to help athletes constructively deal with anxiety and negative thoughts and emotions all while improving performance. Additionally, mindfulness breathing techniques have been shown to improve pain tolerance, attention span, inflammatory markers and self acceptance. This workshop will discuss recent research in mindfulness based training and its impact on the brain structures and pathways of interoception, as well as sports performance. Practical applications derived from mindfulness based breathing practices will be introduced utilizing props in creative ways that are easy to teach and apply to a diverse population of athletes and clients . The techniques presented are designed to stimulate exteroception/ proprioception and interoception and may be used in both training and rehabilitation settings. The workshop aims to bridge the gap between research and practical application of mind-body practices.	
	Participants bring the following equipment with them: Yoga or Workout mats and/or blankets	
19.8	**Sue Hitzmann**	**Sports Medicine and the MELT Method®**
	This workshop will simplify profound fascial science regarding sports medicine and athletic performance through new models and application. Participants will experience Hands-Off Bodywork® and apply light-touch therapeutic intervention using soft balls and rollers on their own body. We will explore how to improve stability and restore balance to the nervous system by affecting cellular hydration in the fascial matrix using the MELT Method.	
	Participants bring the following equipment with them: Yoga mats	

Please be aware of our Refund Policy and Terms & Conditions