



ASHLEY BLACK
FASCIOLGY®

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Phases of Fascia "Freak Out"

Ashley D. Black

	Condition of the Fascia	What's Happening in the Body?					Symptoms Present & Diagnosis
		Blood	Nerves	Muscles / Tendons	Spine / Joints	Brain Sense of Wellness	
<p>Phase 1: Optimal Fascia "Super Human"</p> <ul style="list-style-type: none"> • Fascia and other soft tissues are healthy and hydrated. • Body is in proper alignment. • Proper muscles are used to perform specific movements. • No Restrictions • Fascia glides easily over the muscles. • Fascia is not adhered. • Fascia functions properly and is able to stretch and contract. • Fascia as a full-body entity is not recoiling anywhere. 	<p>Healthy fascia has the ability to recover even when put under stress. Things in everyday life that would typically affect the functions of fascia:</p> <ol style="list-style-type: none"> 1. Travel 2. Dehydration 3. Over- training 4. Injury 5. Toxic Food 6. Alcohol 7. Stress, etc. <p>All are easily remedied and you are able to get back to where your fascia is not reacting on a daily basis. FASCIA RECOVERS.</p>	<ul style="list-style-type: none"> • Good circulation to all systems in the body. • Nutrients and oxygen are being properly delivered to the cells, fighting off disease, and ridding the body of toxins. • During workouts, the body is able to flush blood into a muscle to achieve a desired training affect. • Blood is cycling back and forth to the brain and face - warding off the signs of aging. 	<ul style="list-style-type: none"> • Brain and nervous system have the ability to send a signal to every part of the body to tell it to work. • Body communicates back to the brain that everything is in working order. • Nerves message to the fascia system is "Keep functioning properly - fascia is healthy." 	<ul style="list-style-type: none"> • Muscles are fully accessible, from origin to insertion, or from tendon to tendon. • Muscles inside your joints are utilized and strengthened throughout movement, supporting their function to stabilize joints and prevent pain and injury. • Bellies of muscles are able to contract, relax, and stretch - which means the muscle is able to function and grow and be utilized as part of movement. 	<ul style="list-style-type: none"> • Support structures are healthy - spine, discs, labrums, meniscus, ligaments, etc. • Joints are healthy and functional. • Blood is flowing through the joints, preventing inflammation. • In the spine, nerve activity to the multifidus (the muscle group that creates space in between vertebral segments). • Blood flow around the spine and in the spinal cord fascia. This keeps the spinal cord open and supports proper nerve activity. 	<p>Brain is affected by fascia because it is covered in it and penetrated by it!</p> <ul style="list-style-type: none"> • Every upside that the rest of the body is experiencing in this stage, the brain is experiencing as well. • Healthy nerve activity means strong signals to and from the brain. • Endorphins are more easily released. • Serotonin levels are more balanced. • Better Memory • Reduced Anxiety • Better Sleep • Better Sense of Well-being • More Energy, etc. 	<ul style="list-style-type: none"> • Increased Speed • Increased Agility • Peak Performance • Energy is Strong • No Pain • Quality Sleep • Healthy Mental State • Skin has Healthy Glow • Void of Inflammation • Feelings of Youthfulness • Overall Structurally Sound • Better Access to Natural Athletic Talent • FEELS GREAT!



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<p>Phase 2: Coffee Stage "Something Brewing"</p> <p>Something is brewing - even though people in this phase would not identify themselves as "AT RISK" - symptoms of earliest onset of fascia recoil are on the horizon.</p>	<p>Functional fascia:</p> <ul style="list-style-type: none"> • No pain in "normal circumstances." • Mild discomforts when you "push it." • Micro-compensations have begun, although it's unfelt. • Beginning of the structure starting to morph. • Micro-misalignments are present. • Sends signal between brain and body that something is not right. 	<ul style="list-style-type: none"> • Minor restrictions in blood flow. • May have mild or temporary swelling after increase in activity. • May be microscopic sites where blood is restricted in micro-fascial adhesions. 	<ul style="list-style-type: none"> • Stops firing signals where there might be a micro problem. • Starts recruiting "mighty mouse" compensatory muscles. • Earliest onset of changing the neuro-muscular firing patterns for movement. 	<ul style="list-style-type: none"> • Muscle memory starts changing. • Slight shift in center of gravity. • Some muscles are not firing fully. • Some muscles are over-firing. • May not have physical pain but starting to feel "tight." • Feels an ache and takes an ibuprofen. 	<ul style="list-style-type: none"> • Joints are looking for a new function around the micro-structural deficiencies. • Not functioning optimally though still functioning. • Micro shifts and rotations within the vertebral column. 	<ul style="list-style-type: none"> • May have occasional headaches. • Earliest stages of mental processes are starting to shift focus towards acknowledgement of discomfort. • Earliest onset of "brain fog." 	<ul style="list-style-type: none"> • Micro curve in the spine causes rare flare-ups. • Shoulder(s) slightly up causing tension. • Feet slightly turned out, supinated/pronated and occasional discomfort when changing shoes. • Tiny postural problems that most have felt their whole life.



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<p>Phase 3: When (60% of people are in this phase)</p> <p>People only hurt "when" or it's just a matter of "when" something is going to manifest! (e.g., I only hurt when I ... run, lift heavy. Play raquetball, etc.)</p>	<ul style="list-style-type: none"> • Fascia is talking! • Fascia is beginning to react to the little structural deficiencies. • Pain occurs when the body is pushed. • Now it is physically visible. • There's so many pulls that whole system is slightly wacked. 	<ul style="list-style-type: none"> • Fascia restrictions prevent blood flow to the areas that need it most. • Blood is pooling in the compensatory muscles causing swelling in the joints (wherever the body goes to cheat is where it swells). 	<ul style="list-style-type: none"> • Nerve signal cannot get through the fascia to the proper muscle. • Brain says via the nerves, "That's going to hurt - don't use it!" • Nervous system changes the muscle memory for entire body. • Dramatic shifts in center of gravity. 	<ul style="list-style-type: none"> • When training, severe lactic acid builds up resulting muscle swelling. • Muscles are over-developing and under-developing. • Increase in muscle imbalance. • Muscles spasms begin (when the muscle is used too much, it clamps up and shuts down. Eventually, you create muscles that don't ever let go — always tight). 	<ul style="list-style-type: none"> • Spine is starting to morph. • Sections of the spine doing too much; others not doing enough causes curves and scoliosis. • Fascia crossing the joints tighten - closing the joints a little bit all over. • Range of motion is restricted. 	<ul style="list-style-type: none"> • Start storing stress in places of imbalance in the physical body. • When feeling stress, compensatory muscles are over-contracted -worsening the condition. • Mental capacity is diverted to pain. • Body is sending a message to the brain, "I'm not doing well all over - help me out." • Brain has to process "I'm not doing well," which further deteriorates mental faculties. 	<p>May have anything from Phase 2 and:</p> <ul style="list-style-type: none"> • Probably have to ice after working out. • Bulging disks, rib flares, shoulder off, and/or knee off. • We can see a rotated hip, an elevated shoulder and/or curve in the spine is wrong. • May have had plantars fasciitis. • Early onsets of tendonitis. • Traps are always tight. • If the IT bands are not rolled out - knee(s) hurt. • If a brace is worn it doesn't hurt. • Tension Headaches • Mild Arthritis • May have had a back strain. • Joint Swelling • Muscle Spasms and Cramps



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<p>Phase 4: Trouble</p> <p>Fascia system in SERIOUS TROUBLE!</p>	<ul style="list-style-type: none"> • Fascia continuing to tighten and restrict movement, nerve function, and blood flow. • Fascia is adhering in the joints. • Fascia is puckering and pinching all over. • Fascia is pulling like a "tug-of-war" between structures causing major dysfunction. • Regular Discomfort • Spurts of Pain 	<ul style="list-style-type: none"> • Serious restriction of blood flow due to fascia adhesions. • Blood will either completely bypass the area, making it feel numb, or it will pool around the area making it swell (e.g., pooling in the knee equals numb feet). 	<ul style="list-style-type: none"> • Nerve pathways goes COMPLETELY around the affected area and completely shuts off the muscles. • Body learns to function dysfunctionally. • More limited to specific site areas versus entire body. 	<ul style="list-style-type: none"> • You are significantly over-training the compensatory muscles. • Muscles needed for proper form or activity are virtually off. • Brain senses issues and begins to function severely dysfunctional. 	<p>Further joint compression leads to:</p> <ul style="list-style-type: none"> • Neck is becoming flat. • Ribs are starting to get encased in fascia and lose mobility. • Discs are dehydrating, bulging and more disc damage is on the horizon. • Spine is taking the brunt of imbalances existing in other joints. 	<ul style="list-style-type: none"> • Beginning to feel tired on regular basis. • Disruption in the thought process. • More negative energy devoted to pain. • Message from the body to the brain is, "We are messed up, so we need to change things up a bit." • By this phase, you are changing up your routine; it's affecting your workout. • May not be in pain, but probably have a disc issue or a "nagging thing" in your body. • After activity, takes a muscle relaxer. • May be on a regular dose of an anti-inflammatory. 	<p>May have anything from Phases 2-3 and:</p> <ul style="list-style-type: none"> • At this point, most have consulted a physician. • Pulled Hamstring • Wrist has hurt for 3 weeks straight. • Have back pain, blow it out, it gets better, blow it out again. • Mystery pains that come and go. • In your back - herniation's, bulges, AC joint impingement. • In your neck - headaches and TMJ. • Plantars fasciitis - achy, throbbing feeling. • Radiating pain from original site of injury/dysfunction. • A "little" arthritis. • Holding weight (fat) in a specific area. • Random cellulite appears.



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<p>Phase 5: Disruption</p> <p>Fascia disrupts quality of life.</p>	<ul style="list-style-type: none"> • More dysfunctional than Phase 4 • The fascia is now strangling the tendons. • Severely limited range of motion. • Probably 5 or more places on the body where there is serious risk for major injury. 	<ul style="list-style-type: none"> • Flow is severely derailed in specific spots of the body. • Limbs have a feeling of falling asleep. • People say, "This feels heavy" when they train (which lack of blood flow). 	<ul style="list-style-type: none"> • There is now a total re-routing of signal to the muscle and MAJOR shifts in gravity. • This re-routing is causing major exhaustion. 	<ul style="list-style-type: none"> • More extreme compensations to the point that there is SEVERE muscle imbalance in the joint. • Unused muscles are now completely atrophied. • Compensatory muscles are now in a constant state of spasm. • Places in the body that feel like tight chords. • Around the muscle the fascia is trying to protect and stop the deterioration • Inside the muscle the fascia continues to tighten. 	<ul style="list-style-type: none"> • Fascia is morphing joints & spine causing more severe compression and dysfunction in specific areas. • Multiple bulges • Herniation or Rupture. • May be developing spondylitis (Really, this is a huge warning. You need to start addressing your spine FOR SURE. When you get to 6 or 7 it is harder to address.). • May be compensating in the feet (Plantars Fasciitis). 	<ul style="list-style-type: none"> • Continuation of level 4 but more severe. • Having thoughts of pain as much as every hour. • Both subconscious and conscious awareness. • Not just altering activities but now needing to discontinue activities. • Instinctively addressing the pain. • Acknowledging that something is wrong. • Considering a surgery. 	<p>May have anything from Phases 2-4 and:</p> <ul style="list-style-type: none"> • Chronic Migraines • Chronic Tendonitis • Bursitis • Arthritis • May have chronic swelling visible. • A joint that doesn't "look right." • Restless Leg Syndrome starts here. • Any type of chronic pain diagnosis may be getting chronic. • Notable rib shifts. • Scoliosis • Hump at the base of the neck. • Something significantly visible on an MRI, but not always. • Bone spur spondilites, micro tears, bursitis, and/or chronic inflammation.



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<p>Phase 6: Losing Control</p> <p>Fascia is winning the battle.</p>	<ul style="list-style-type: none"> • Fascia is in FULL BLOWN recoil. • If you reach down to pinch the skin away from the muscle, you can't pull it up. • The fascia is like a spacebag - clamping from the outside-in • Inflammation is now trapped in tight fascia all over the body. • Multiple sites of adhesions - severe disruption in the overall fascia web. • All of the fascia system is saying, "We need to help!" 	<ul style="list-style-type: none"> • Severely restricted, pooling in different parts of the joints. • Full-body circulation is a challenge. • May be diagnosed with high blood pressure as a result. • May have chronic swelling or numbness in an extremity. 	<ul style="list-style-type: none"> • Nerve struggles to signal for basic movement - body is just trying to hang on. • Probably have some sort of altered gait, a limp, a drop foot, or an arm that doesn't swing. • Can't move and exercise. • Can't get the energy to start. • Center of gravity is severely altered and visible. • Balance is challenged. • Nerve pattern is so dysfunctional that muscles are just wasting away. 	<ul style="list-style-type: none"> • Body can no longer stabilize. • Not getting adequate blood or nerve supply, atrophying and wasting away. • Tendons are non-functioning and recruiting bellies of muscles to perform joint actions. 	<ul style="list-style-type: none"> • Most likely there is constant pain in the upper, mid, or lower, and likely all three. • The fascia is strangling the body of the inner structures. • Spondylitis is usually present. 	<ul style="list-style-type: none"> • Discontinuing physical activity - completely changing your life around the pain. • Body is freaking out all over. • Sleep is affected. • Skin becomes sensitive to the touch. • Any strenuous activity can make one bedridden for a day or two. • Even simple tasks, like sustained walking, can cause a fascia freak out. • May be on pain killers. • May be medicating for migraines. • Significant problems with mental focus. • Pain wears on the face. 	<p>May have anything from Phases 2-5 and:</p> <ul style="list-style-type: none"> • Fibromyalgia • Chronic Fatigue Syndrome • Migraines • Shin Splints • Spondylitis, spondylarthritis, all the "spondies." • Numbness and shooting pain in multiple places. • Neuromas in the feet and hands. • Chronic Inflammatory Disease



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<p>Phase 7: Freak Out</p> <p>Fascia intervention is of utmost importance.</p>	<ul style="list-style-type: none"> • Full Blown Fascia Freak Out! • Fascia is so locked down - chronically in pain all over. 	<ul style="list-style-type: none"> • Extremely difficult to pump blood through the body and exhausting. • Probably have a heart condition. 	<ul style="list-style-type: none"> • Systems of the body are shutting down. 	<ul style="list-style-type: none"> • Barely Functioning 	<ul style="list-style-type: none"> • Fascia is so tight that joints are completely jammed. • Bones are starting to fuse. 	<ul style="list-style-type: none"> • Confined to a bed and taking pain pills. • Entire life revolves around pain. • Popping 5-6-7 vicodin a day and can't get out of pain. 	<p>May have anything from Phases 2-6 and:</p> <ul style="list-style-type: none"> • Painful full-body sensitivity. • Back pain raging. • Nothing is comfortable. • Hot to the touch. • Can't sleep. • Most considered as "mystery" cases. • Anything Chronic