



GROW WITH EBFA™

December, 2015

Educational newsletter brought to you by the Evidence Based Fitness Academy Inc.

Hello Health & Fitness Professionals!

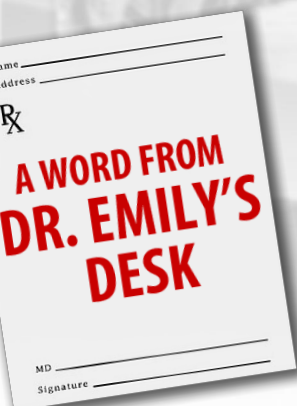
Happy Holidays and welcome to the last issue of GROW with EBFA for 2015.

As we begin to end yet another year I think it's the perfect time to begin focusing and strategizing how to make 2016 the best year yet. At EBFA we are busy re-branding our company and website, as well as updating new content within our Barefoot Training Specialist® Certification.

For those who have not yet added a BTS Certification or are looking to attend one of our advanced levels, you'll be excited to know that many new concepts will be included in 2016. From a partnership with Rocktape® to our new FootScreen App, in 2016 EBFA is continuing to lead the way in foot fitness and barefoot science.

To find an upcoming EBFA workshop near you please visit www.ebfafitness.com

Dr. Emily



Featured EBFA Master Instructor



Featured Article

The Future of Proprioceptive Training | Small Nerve Stimulation

by Dr Emily Splichal, DPM, MS, CES



When you hear the words "proprioceptive training" what comes to mind?

If you do a Google image search for these two words you will get hundreds of pictures demonstrating balance exercises on unstable surfaces. Despite the

popularity of these unstable surfaces how effective are they for improving balance or proprioception?

Surprisingly, not as good as their manufacturers would like us to believe.

(continued on page 2)

Radha Krishnaswamy Chennai, India

1. How did you first get involved with barefoot training? What attracted you to this training approach?

Two years ago during the Asia Fitness Convention (AFC) in Bangkok I attended one of Dr Emily's sessions and instantly realized that I found the missing link in training the human body as a unit. Shortly after I signed up for the very first BTS Level 1 course in India - and now am a Master Instructor.



2. Why did you want to become an EBFA Master Instructor?

I used to teach group exercise certifications for Reebok India but slowly moved to teaching personal trainer certification course for ACE in India. I wanted to become an EBFA MI because I wanted to add barefoot education to my profession I am a runner and realized that, like me, many runners would benefit from the knowledge gained through EBFA and barefoot training.

2. What is your suggestion to those who are hesitant to start barefoot training out of fear of injury?

Barefoot training is a precursor to regular training with shoes. Training barefoot does not mean playing sports and doing all exercises barefoot. It's a training program that compliments all other programs.

Want to attend an upcoming BTS Certification with Radha?

Please contact her at

radha_k6@hotmail.com



In this article I challenge you to question the effectiveness of unstable surfaces in improving joint stability and if perhaps there is a more effective technique for improving proprioceptive awareness.

What is proprioception?

Often confused with kinesthetic awareness, proprioception is our internal messaging which drives our movements. For example proprioceptors within our joint capsule provide the nervous system information on joint position which is used to control our movements.

Meanwhile kinesthetic awareness refers to our ability to navigate space and an awareness of how we move. One such example would be if you are doing a box jump. To know how high to jump as to not clip the foot requires kinesthetic awareness.

Rate of Nervous System Responses

When it comes to controlling movements our nervous system plays a role in how fast the stimuli or sensory information comes into the central nervous system – as well as how quickly the motor response is sent back down to the peripheral nervous system.

We will see that the limiting factor in controlling movement is sensory input. This means that the faster the nervous system can sense the stimuli, the faster and more precise our movements will be.

The Peripheral Nervous System (PNS)



Since it is our peripheral nerves which respond to the stimuli, understanding how this system is broken down is important to

creating the most effective programming.

The PNS can be broken down into sensory

nerves and motor nerves. If we look at the tibial nerve (the nerve that supplies the skin /muscles of the plantar foot) 3x as many branches off of this nerve are sensory vs. motor. Of these sensory nerves 4x as many branches are small nerves vs. large nerve.

Nerve size matters when it comes to rate at which the nerves respond to stimuli. Research has demonstrated that small nerves create a faster response when detecting inversion ankle moments. In addition research has shown that these small nerves which are found primarily on the plantar skin play an important role in quiet stance.

The Future of Proprioception Training

As we consider the future of proprioceptive training we want to remember that response time is very important to the precision of movements. Many of the unstable surfaces we associate with proprioceptive training are actually examples of large nerve (or slower) proprioceptive training.

Therefore if we consider time we must think small nerve stimulation for faster proprioceptive responses. To create small nerve proprioceptive programming we must know what tissue contains small nerves and what are the most effective ways to stimulate these small nerves.

Small Nerve Proprioceptive Rich Tissue

For anyone who has ever taken one of my workshops knows that the palms of the hands and the soles of the feet are rich in small nerve proprioceptors. This is one of the greatest reasons why barefoot training is so important for all individuals.

Interestingly there is an even more dense small nerve proprioceptive tissue. Can you guess what it is?

Your fascia!

Fascia is a highly proprioceptive rich tissue with current research demonstrating that many of the sensory nerves found in fascia are small nerve and free nerve endings. This is quite fascinating as it feeds into the speed at which fascia is able to help control and stabilize for movement.



Another interesting fact about fascia is that it has 10x as many sensory nerves when compared to our muscles. This means that when we exercise and move we are actually “feeling our fascia” – not “feeling our muscles”.

The baseline tone of our fascia actually allows us to better perceive movements and what is referred to as joint position sense.

Small Nerve Barefoot Fascial Training

This is the foundation to all barefoot movements taught through the EBFA Certifications. By integrating the barefoot stimulation with foot to core fascial tensioning we are able to more effectively train and rehab our clients. I believe that fascial tensioning is the future of proprioceptive training!

Want to learn more about our education programs and the science of barefoot stimulation please visit <http://www.ebfafitness.com/>

Congratulations!
EBFA's Newest Master Instructors
Representing Czech Republic, Dubai and India



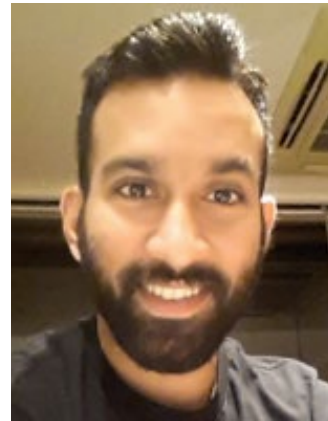
Ondrej Lunga - Czech Republic



Anja Borsheim - Dubai



Trude Stjernen - Dubai



Rajiv Dutt - India

All EBFA MI's are qualified to conduct
Barefoot Training Specialist® Level 1 courses
and play an integral role in the growth of EBFA's Barefoot Education.

If you are interested in learning more about
EBFA's Master Instructor Program, please contact us at
education@ebfafitness.com

**Are you ready to take your
#foottocore sequencing
to the bar?**



**Barefoot Training Specialist®
Level 3**

www.ebfafitness.com

Upcoming Workshops

US & Canada

Sun. January 10, 9am - 4pm

Barefoot Training Specialist® Level 1 -

Auburn, NY

Too Fit to Quit
30 Mary St
Auburn NY 13021

Sun. January 17, 11am - 6pm

Barefoot Training Specialist® Level 1 -

Carle Place, NY

Crossfit Total Empowerment
231 Voice Rd.
Carle Place, NY 11514

Sat. January 30, 9am - 4pm

Barefoot Training Specialist® Level 1 -

Corpus Christi, TX

F.I.T. Corpus Christi
6006 S. Padre Island Dr.
Corpus Christi, TX 78412

Sat. January 30, 9am - 11am

Art of Movement Efficiency - Denver, CO

Colorado Track Coaches Clinic
Radisson Hotel Denver Southeast
3200 South Parker Road
Aurora, CO 80014

Sat. February 6, 10am - 5pm

Barefoot Training Specialist® Level 1 -

Barrie, ON

Lifesource Wellness
102 Commerce Park Drive
Barrie, Ontario L4N 8W8

Sun. January 31, 9am - 4pm

Barefoot Training Specialist® Level 1 -

Hurst, TX

Soul Body Works
495 W. Harwood Rd.
Hurst, TX 76054

Sat. February 13, 8am - 4pm

Barefoot Training Specialist® Level 1 -

Warwick, RI

Perform Better
Functional Training Institute
1600 Division Road
West Warwick, RI 02893

Sat. February 20, 9am - 4pm

Barefoot Training Specialist® Level 1 -

Palm Beach, FL

D1 Fitness
4215 Burns Road
Palm Beach Gardens, FL 33410

Sat. February 20, 10am - 5pm and

Sun. February 21, 10am - 5pm

Barefoot Training Specialist® Level 2 -

Chicago, IL

School of Holistic Massage & Reflexology
515 Ogden Ave., Suite 300
Downer's Grove, IL

International

Sat. January 9, 10am - 5pm

Barefoot Training Specialist® Level 1 -

Chennai, India

Location TBA
Chennai, India

Sun. January 10, 10am - 5pm

Barefoot Training Specialist® Level 1 -

Mumbai, India

206 Optimal Movement
Bhulabhai Desai Marg, Breach Candy
Mumbai, India

Tues. January 12, 10am - 5pm

BarefootRx® Rehab Specialist -

Mumbai, India

Hotel Maharana Inn
Chembur Society Next to Gymkhana
Mumbai, India

Thurs. January 14, 10am - 5pm

Barefoot Training Specialist® Level 1 -

Kolkata, India

Location TBA
Kolkata, India

Fri. January 15, 9am - 5pm

Barefoot Training Specialist® Level 1 -

Kuala Lumpur, Malaysia

FIT Malaysia
No. 2-8, 2nd Floor,
Jalan PJU 8/3, 47820
Petaling Jaya, Selangor, Malaysia

Sat. January 16, 9am - 5pm and

Sun. January 17, 9am - 5pm

Barefoot Training Specialist® Level 2 - Kuala

Lumpur, Malaysia

FIT Malaysia
No. 2-8, 2nd Floor,
Jalan PJU 8/3, 47820
Petaling Jaya, Selangor, Malaysia

Sat. January 16, 10am - 5pm

Barefoot Training Specialist Level 1 -

Toledo, Spain

Estudio de Asesoramiento Deportivo
y Prevención-Readaptación de Lesiones Carlos RL
Calle Esparteros 7
Toledo, Spain

Sat. January 16, 9am - 4pm and

Sun. January 17, 9am - 4pm

Barefoot Training Specialist® Level 1 -

Rome, Italy

Maximo - via Casal Boccone 283
00137 Rome, Italy

Sun. January 17, 9am - 5pm

Barefoot Training Specialist Level 1 -

Tokyo, Japan

Takadanobaba
Tokyo, Japan

Fri. February 5, 10am - 5pm

Sat. February 6, 10am - 5pm

Barefoot Training Specialist® Level 1 -

Sydney, Australia

Goodlife Health Clubs
4/1 Martin Place
Sydney, Australia

Sat. February 6, 10am - 5pm

Barefoot Training Specialist Level 1 -

Madrid, Spain

V21 Fisiotaining
Calle Velázquez 21
Madrid, Spain



MOVE. LEARN. FEEL.
Be Human.

SAVE THE DATE!

Barefoot Training Summit

Asia Summit

March 5 - 6, 2016
Mumbai, India

USA West Coast Summit

April 2 - 3, 2016
California, USA

USA East Coast Summit

September 10 - 11, 2016
New York, USA

Europe Summit

September 23 - 24, 2016
Rome, Italy

REGISTRATION OPENS JANUARY 1, 2016

Not a subscriber? Sign up now to get free monthly education from EBFA!



Leaders in Barefoot Fitness