



GROW WITH EBFA™

January, 2015

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

Hello Health & Fitness Professionals!

Happy New Year from EBFA. We hope that you are finding 2015 to be a productive year. 2015 marks a very exciting year from EBFA with the official launch of our new product and the organization of the first-ever Barefoot Training Summit.

In just a few months we will be celebrating barefoot movement and movement efficiency with over 150 health and fitness professionals in Delhi, India. Bringing in top International presenters this event marks a historic step by the fitness industry and towards the future of foot fitness, barefoot science and from the ground up training within fitness, performance and rehab.

I hope to see you at the Barefoot Training Summit, coming soon to March in India and May in Denver, CO.
www.barefoottrainingsummit.com

Dr. Emily

Featured Article

EBFA Year in Review 2014

by Dr Emily Splichal, DPM, MS, CES



Very special Happy New Year to all the health and fitness professionals and affiliates who have attended an EBFA workshop, supported our barefoot education and/or integrated our from the ground up programming into their practice! We would not be where we are at today without YOU!

As we say goodbye to yet another year I like to reflect on all the past year's accomplishments and celebrate the highlights in EBFA's continued mission to spread the power of barefoot science and from the ground up training!

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Presenter Spotlight Barefoot Training Summit

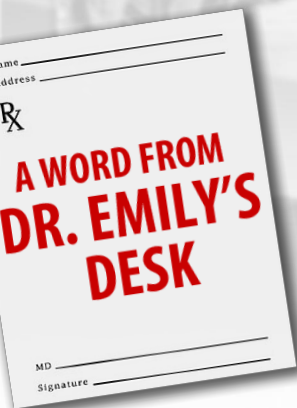


**BAREFOOT
TRAINING SUMMIT**

Richard Scrivener, Animal Flow
London, U.K.

1. How did you get started with Animal Flow? How were you introduced to Animal Flow?

I first started taking Capoeira classes a couple years back because I knew I needed to step out of my comfort zone and really work on my weaknesses. As a result I began to reflect on the training I was doing at the time which was largely a mix of Weightlifting, Kettlebell work and traditional strength training. I knew there must have been other complimentary disciplines out there which could magnify the results from my existing programme and so I started to trawl the internet! I stumbled across Mike Fitch and his body-weight discipline Animal Flow. That was it, I was hooked!



Connect with us

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2. What are your favorite aspects of Animal and what are the benefits of the Animal Flow program?

Animal Flow truly offers holistic physical development from improved mobility and fluidity to strength and power. Moreover Animal Flow is fun and addictive!

When working with my athletes and personal training clients there are many exercises and movements from the different components of Animal Flow which I can pick and choose from and which enhance the results these guys achieve!

Furthermore, anybody can get stuck in and enjoy an Animal Flow workout. It really doesn't take long to pick up the basics, but, not unlike many movement disciplines, there are many progressions and perfections to strive for which will keep you training hard for months and years to come!

3. So we are excited to be bringing Animal Flow and you to the Delhi Barefoot Training Summit in March. What can attendees expect from your sessions?

I can't wait to come to India and share what Animal Flow has to offer. Nobody owns 'movement', but Animal Flow provides a unique way of organizing it. I'm going to show attendees just how much fun they can have whilst tapping back into their potential to activate, stimulate and integrate their bodies. Not only will they walk away with some great, take-home practical ideas but they will also understand how and why Animal Flow improves so many physical capabilities.

3. Can you tell readers how you are barefoot strong?

I'm an ambassador/sponsored athlete and certified coach with Vivo Barefoot, and of course, an Animal Flow Master Instructor. Considering that we are connected to this planet via our feet and our feet provide an immense amount of proprioceptive feedback to our brains, it's well worth enhancing and optimizing this relationship.

Below are some of my proudest moments for EBFA throughout 2014:

EBFA Launches Education Partnerships throughout SE Asia

In March 2014 EBFA conducted its first Master Instructor Training in Bangkok, Thailand. This MI Training and the subsequent partnership with Fitness Innovations Thailand (FIT) and its affiliates throughout SE Asia has allowed EBFA to rapidly spread the science, guidelines and programming for safe and effective barefoot training.

EBFA and FIT proudly partner in barefoot education throughout China, Malaysia, Singapore, Thailand. EBFA also has Education Partners throughout India, Japan and Korea.

EBFA Welcomes Over 30 Master Instructors in Barefoot Education



In 2014 EBFA conducted three Master Instructor Training workshops both in Asia and the USA with attendees representing nine countries throughout Asia, Europe and North America. After successful completion of the MI Training and examination process EBFA was able to recognize over 30 professionals as EBFA

Master Instructors in Barefoot Education.

EBFA Master Instructors include Chiropractors, Physical Therapists, Pilates Instructors, Running Coaches, Strength Coaches and Fitness Professionals.

You can find MI conducted Barefoot Training Specialist courses throughout Asia, Canada and the USA.

EBFA Introduces Barefoot Education in the University Setting



**WEST COAST
INSTITUTE**
PERTH, WESTERN AUSTRALIA

As an advocate of higher education the introduction of EBFA's Barefoot Education into a University setting is

one of my proudest accomplishments for EBFA in 2014. Being able to influence the next generation of health & fitness professionals is a powerful step towards changing the way the health & fitness industry looks at the foot & ankle, barefoot science and integrated movement. In 2014 EBFA introduced its education at Bryan College in San Francisco, Georgia College, University of Massachusetts Boston and University of Western Australia in Perth.

EBFA continues to pursue the integration of barefoot education in a University setting in 2015!

EBFA Initiates Toe Spread Research Study



To hold true to our name “Evidence-Based” Fitness Academy, being able to conduct research is one of my visions for EBFA and for the advancement of barefoot science in health & fitness. After finally achieving IRB approval EBFA was able to initiate our first official research study looking at the benefit of abductor strengthening on great toe alignment (hallux abduction angle) and sesamoid position after 8 weeks and 12 weeks.

This study is done through the collaboration of ToeSox and is 4 weeks underway. Updates will be made in early 2015 so please stay tuned.

In addition, EBFA is collaborating on research conducted through Georgia College and their Performance Degree Program to evaluate the immediate effect of barefoot movement prep on vertical change, agility, change of direction. We look forward to future research projects and collaborations in 2015!

Thank you again for all your continued support through 2014. We are looking forward to a whirlwind 2015 as we continue to spread the power of barefoot science, host our first ever Barefoot Training Summit, launch our first book Barefoot Strong and introduce our first product!

Happy New Year – and remember to STAY BAREFOOT STRONG!

- Dr Emily Splichal & the EBFA Team -

Considering Collagen Composition in Connective Tissue Injury

by Dr Emily Splichal, DPM, MS, CES

As a Podiatrist one of the most common conditions we treat is heel pain. Whether it be Achilles tendonitis or plantar fasciitis the success of patient recovery is highly dependent on the duration of their symptoms and the health of the connective tissue associated.

Although I wish every patient presented to my office at the initial onset of symptoms unfortunately this is usually not the case. The average patient often presents after experiencing heel pain for 3 months, 6 months or sometimes over a year.

The patient may have tried the occasional over the counter insert, a little stretching and maybe even icing, however their lack of consistency has provided little relief. So now they have turned to me to give them that quick fix, immediate relief in one visit.

It's time to break the news to them that this is not possible....

One of the biggest misconceptions among patients (and I'd have to argue also among professionals) is regarding how connective tissue gets injured and the consideration of collagen health in soft tissue injury. You can correct the muscle imbalances and movement patterns however attention must still be directed at the injuries connective tissue and collagen structure.

We are going to focus primarily on the connective tissue of the foot as it is uniquely associated with a majority of impact forces during closed chain movements.

Acute vs. Chronic Injury

With each step we take 1 -1.5 x our body weight in impact forces is entering the foot / body. Perceived as vibrations which are damped (absorbed) through isometric contractions, these impact forces are stored as potential energy in our connective tissue (tendons, fascia). To properly absorb and store impact forces as energy our connective tissue must be under a state of tension and have a certain degree of elasticity.

I often associated our connective tissue to a rubber band. When we load impact forces and store them as potential energy this would be equivalent to stretching the rubber band.

Now what happens when we do not have tensile stiffness and elasticity this would be analogous to a dried out rubber band. When you load the rubber band by pulling it you eventually reach a “fatigue point” and the rubber band breaks. This is analogous to our connective tissue micro-tearing at a certain fatigue point.

Micro-Trauma Cycle

Micro-tears in fitness is often associated with the overload principle, strength gains and muscle hypertrophy. When we strength train (especially when doing eccentrics) we micro-tear the muscle fibers which are repaired created larger muscle fibers. All positives. However with connective tissue it's not so positive.

In connective tissue (tendons / fascia) when there is not enough

elasticity in the tissue, micro-tears occur. These connective tissue micro-tears are repaired with a different type of collagen than what the connective tissue is primarily composed of (Type III vs. Type I).

Type III collagen is stiffer and less elastic than Type I collagen, and is laid down in a haphazard manner. In addition, all micro-tears whether it be in muscle or connective tissue is associated with inflammation. Persistent inflammation around connective tissue whether it be bone or tendon creates thinning of tissue.

This micro-tear, inflammatory cycle which begins as an acute stress to the tissue now becomes a perpetual cycle and we start to hit a road block in the tissue repair process. The longer the patient's connective tissue sits in this micro-tear / inflammatory cycle the more the tissue begins to change composition and the harder it is to establish any long lasting pain relief.

Enter chronic heel pain. These are the patients who do not respond to just muscle balancing and corrective exercise.

So what can this patient with chronic connective tissue pain do?

Two-Step Recovery Process

Whether I am treating acute or chronic heel pain I approach tissue recovery in two steps:

1st – Connective Tissue Health

2nd – Muscle Imbalances or Connective Tissue Stress

In connective tissue health, if we are in a chronic state my goal is to drop the patient's inflammation as quickly as possible. Although corticosteroid injections are of great debate with conflicting research, I have seen the greatest and fastest results when I incorporate them into my patient recovery (especially in the acute patient). I am quick to give injections in my acute patients to get them out of this inflammatory cycle and have had great success with this approach.

Being able to drop the inflammatory process and allow the tissue to move forward in the repair process is a necessary step.

If steroid injections are not your cup of tea there are other options that are also available including:

- oral anti-inflammatories (my go-to is Mobic)
- topical anti-inflammatories
- ice (I never only do ice)
- Class IV laser
- Supplements such as bromelain, quercetin (or eat pineapples, tart cherry juice)

If you are not in the acute state > 6 months then the above options may not be as effective. The longer the chronic state of tissue injury the harder it is to bring it back to it's youthful state.

In the patient that is not responding to inflammatory treatment

and is in the chronic state then we need to consider options to get the connective tissue back to it's pre-injury state.

This is where we start to consider:

- PRP (platelet rich plasma),
- bone marrow aspirate,
- amniotic membrane or
- procedures such as Tenex and Topaz.

The way that the above procedures work is by creating fresh tissue injury and restarting the inflammatory / injury cascade. The above procedures must be followed by limited activity / immobilization and no NSAIDs can be taken as in this case the inflammation is good.

Once the connective tissue state is dropped down to a non-inflammatory state (acute) or re-injured / inflamed (chronic) then it is time to start focusing on the stress that is being placed on the connective tissue.

At this same time all patients are assessed for biomechanical imbalances, compensation patterns and movement dysfunction which is driving the faulty loading of the connective tissue. During this part of the recovery process I am often incorporating the barefoot science of BarefootRx and emphasize the importance of how the body is designed to load / unload impact forces and react to movement – from the ground up!

Integrating into Practice

The next time you have a patient or client with heel pain, or really any connective tissue injury consider the duration of symptoms, state of the connective tissue and stress being placed on the tissue.

All too often I see a patient addressing only inflammation, and not the stress being placed on the tissue or vice versa. Both must be considered to for the most successful patient recovery.

Finally, I'm often asked patients how quickly they can recover from their heel pain. I often give patients the general guidelines:

Heel pain 1 month = Recovery 2 weeks

Heel pain 3 months = Recovery 4 weeks

Heel pain 1 year = Recovery 3 months

Please note that the above is not inclusive of all patients experiencing heel pain. All treatment protocols include exceptions in which patients do not respond and require surgical management. The above is intended to guide professionals and stimulate thought processes toward current patient protocol.

In Health,

Dr Emily Splichal

To learn more about EBFA's BarefootRx Program

please visit <http://www.ebfafitness.com/>

Upcoming Workshops

US & Canada

Sat. February 7, 2015, 10am - 5pm

Barefoot Training Specialist® -

Los Angeles, CA

Penske College & Fitness Center
at Longo Toyota
3534 Peck Road
El Monte, CA 91731

Sat. February 7, 2015, 9am - 4pm and

Sun. February 8, 2015, 9am - 4pm

Movement from the Ground Up -

Palm Springs, Florida

Excellent Bodywork
649 US Highway One, Suite 17
North Palm Beach, FL 33408

Sat. February 14, 2015, 10am - 5pm and

Sun. February 15, 2015, 10am - 5pm

Foot Strike & Functional Movement -

Chicago, IL

MK Lab
20 W Jefferson Ave,
Naperville, IL 60540

Sat. February 21, 2015, 10am - 5pm and

Sun. February 22, 2015, 10am - 5pm

Movement from the Ground Up -

Ramsey, NJ

Kinetic PT
171 Lake Street
Ramsey, NJ 07446

Sat. February 28, 2015, 10am - 5pm

Barefoot Training Specialist® -

San Francisco, CA

Bay Club Tennis
645 Fifth Street
San Francisco CA 94107

Sat. March 7, 2015, 10am - 5pm

Barefoot Training Specialist® -

Barrie, ON

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

Sun. March 8, 2015, 10am - 5pm

Barefoot Training Specialist® -

San Mateo, CA

San Mateo Athletic Club
1700 W. Hillsdale Blvd
San Mateo, CA

Sat. March 21, 2015, 10am - 5pm and

Sun. March 22, 2015, 10am - 5pm

Movement from the Ground Up -

Granite Bay, CA

Anytime Fitness Granite Bay
9711 Village Center Drive, Suite 125
Granite Bay, CA 95746

Sat. April 18, 2015, 10am - 5pm

Barefoot Training Specialist® -

East Brunswick, NJ

American Institute of Alternative Medicine
555 Route 18
East Brunswick, NJ 08816

International

Sun. Feb 8, 2015, 9am - 5:30pm

BTS Level 2 (FSFM) -

Seoul, Korea

Nicole Studio
JY Bldg, 2nd floor
Chungdam dong 128-22
Kangnam ku, Seoul, Korea

Sun. Feb 15, 2015, 9am - 5:00pm

Barefoot Training Specialist® -

Nagoya, Japan

Tiger Fitness
Naka-ku, Nagoya, Japan

Sun. March 8, 2015, 9am - 5:30pm

Barefoot Training Specialist® -

Seoul, Korea

KFTA Studio
2ka 201-6 Changchoong dong
Seoul, Korea

Fri. March 13, 2015, 9am - 5pm,

Sat. March 14, 2015, 9am - 5pm and

Sun. March 15, 2015, 9am - 5pm

Barefoot Training Summit - Delhi, India

Anya Hotel & Resorts
2 Golf Course Road, Sector 43
Gurgaon, Haryana 122002, India

Sat. March 14, 2015, 9am - 5pm

Barefoot Training Specialist® -

Shanghai, China

3HFit
666 Tian Yao Lu
Shanghai Stadium
Shanghai, China

Sat. March 28, 2015, 10am - 5pm

Barefoot Training Specialist® -

Singapore

FiT Singapore Academy
55 Newton Road. #05-02
Revenue House
Singapore 307987

Sat. April 4, 2015, 10am - 5pm

Foot Strike & Functional Movement -

Singapore

FiT Singapore Academy
55 Newton Road. #05-02
Revenue House
Singapore 307987

Fri. June 5, 2015, 10am - 5pm,

Sat. June 6, 2015, 10am - 5pm and

Sun. June 7, 2015, 10am - 5pm

Movement from the Ground Up -

Buenos Aires, Argentina

Location TBA
Buenos Aires, Argentina

Sat. June 13, 2015, 10am - 5pm

Barefoot Training Specialist® -

Shanghai, China

3HFit
666 Tian Yao Lu
Shanghai Stadium
Shanghai, China

Barefoot Training Summit

Fitness | Performance | Rehab

13th – 15th, March 2015
Delhi, India



Dan Edwardes
London, U.K.



Stacy Lei Krauss
Colorado, USA



David Martinez
Valencia, Spain



Kevin C. Moore
Hong Kong



Dr Perry Nickelston
New Jersey, USA



Richard Scrivener
London, U.K.



Dr Emily Splichal
New York City, USA

Are you ready to take the concept of “barefoot” beyond running?

Join EBFA in 2015 for the first-ever fitness conference that is dedicated to the power of barefoot training, footwear science and from the ground up programming! Experience the latest workouts and workshops in barefoot movement progressions, foot assessment techniques, small nerve training and pre-activation programming. All-star line-up of global leaders in barefoot science research, barefoot movement, performance, rehab and footwear innovations!

Registration is open - Register NOW!

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



Leaders in Barefoot Fitness