



GROW WITH EBFA™

November, 2013

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

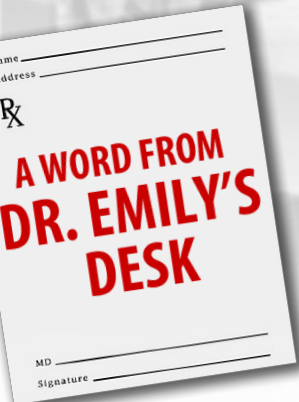
Hello Health & Fitness Professionals!

Welcome to the November issue of GROW with EBFA™.

This issue is dedicated to EBFA's preparation for 2014. We have many great new educational opportunities available soon - including Home Study in Espanol, our new BarefootRx™ Program, new Home Study Courses and of course, audio lectures through movementlectures.com!

As always, we appreciate your continued support and wish you all the best as we approach the Holiday Season.

Dr. Emily



Featured Article



Yoga Toes: Avoiding Foot Injury in Yoga

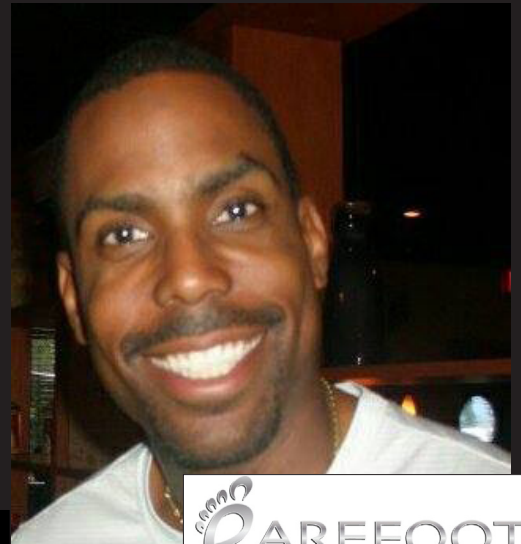
-By Dr Emily Splichal

Did you know that over 15 million people practice yoga each year? (Yoga Journal 2003).

With vast benefits including improved flexibility, enhanced focus, decreased stress and overall good feeling, yoga seems like the perfect addition to everyone's weekly fitness program. But what if this seemingly perfect practice still came with its risks?

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Featured Barefoot Training Specialist®



Curtis Long- White Plains, NY

1. How has the Barefoot Training Specialist® Program changed the way you look at human movement and corrective exercise?

As a trainer who predominantly deals with distance runners and other endurance athletes, the Barefoot Training Specialist® Program has provided a more direct procedure to analyze and correct stride & gait patterns. Instead of thinking "gait" and leg movement is something that starts at the hip, I see it as a result of something originating and controlled largely by the foot. This therefore made the source of movement deficiencies and chronic injuries easier to identify and correct. Correction and training "from the ground up" has been as easy and as manageable it sounds.



(continued from page 1)

2. Overall how have your clients responded to the assessments and programming taught in the Barefoot Training Specialist® Program? Any specific client results you want to share?

Across the board, everyone I've worked with has found benefit in the assessments and exercises taught in the Barefoot Training Specialist® Program. Most noticeably in the warm up for runners. I've incorporated short foot, single leg stance exercises, and eccentric calf strengthening as part of pre race and pre training warm up protocols. As a result, athletes have commented that it takes less time to find a comfortable stride and the soreness after training and races is far less.

The benefits of this warm up has been so effective, that I've even gone so far as to introduce it to triathletes as means for them to transition from bike to run. The warm up has shown to be effective in activating the glutes and hamstrings after long bike rides.

Most everyone's performance has been improving, but it's hard to identify the exact cause. So many variables are being changed and new training techniques being introduced. What I'm sure of is that everyone I've used the Barefoot Training Specialist® -Program with has felt better and enjoyed training for their sport (or fitness goals) more than before.

3. Would you recommend the Barefoot Training Specialist® Program to your colleagues? Why or why not?

Absolutely. The Barefoot Training Specialist® Program is one that can be applied to athletes and fitness enthusiasts of all backgrounds and levels of fitness. Its can have an immediate and noticeable impact on everyone's performance and fitness goals. The screening techniques and corrective exercises are easy to follow and communicate to clients and athletes, allowing me to educate my clients as well as improve their health.

The risks of yoga were first presented in the controversial 2012 New York Times article "*How Yoga Can Wreck Your Body*".

The hype around this article has since calmed down, but the risks still persist.

As a Podiatrist, I've treated countless yogis for foot-related injury secondary to their yoga practice. Below you'll find four of the most common poses that place excessive stress on the foot & ankle – as well as some great tips on how to keep your feet pain-free!

Pose #1 - Chaturanga Dandasana

Similar to a push-up, chaturanga is one of the four poses in a sun salutation. Proper alignment in this pose requires plenty of arm strength and maximum great toe joint dorsiflexion (flexion).

In more advanced yoga practices, yogis are encouraged to jump back from different flow sequences into the chaturanga pose. Not only is this advanced move a challenge to the triceps but it also creates a jamming force into the great toe joint. With an average yoga class consisting of more than 20 chanturanga and sun salutation sequences, that is a lot of stress placed on the great toe joint!

Yoga Toes Diagnosis: Great toe joint capsulitis / synovitis / sprain

If you begin to experience any pain in the great toe joint during or after your yoga practice avoid any pose that requires maximum toe flexion as this will further strain the soft tissue that stabilizes the great toe joint.

The excessive stress to the soft tissue creates an inflammatory reaction and pain. If you are experiencing pain to the great toe joint with the greatest pain during flexion, I recommend the following recovery tips:

Tip #1 - Reduce the inflammation.

To reduce the inflammation a patient can ice, use oral anti-inflammatories such as Advil/Aleve or use topical anti-inflammatories. By reducing the inflammation around the soft tissue, the body is able to heal and pain will subside.

If you prefer more natural options - tart cherry juice, bromelain (pineapples) and omega-3's can be beneficial!

Tip #2 - Reduce the stress to the soft tissue

To reduce the stress to the soft tissue you must avoid or reduce movements that further stress the great toe joint. This would include yoga, running, lunges or jumping. Occasionally I will give patients a stiff-soled surgical shoe as this allows better immobilization of the joint.

Another great tip is if you have any of the old Shape-Ups, MBTs or fitness rocker shoes that were popular several years ago - you can dust them off and use them until the pain in your great toe joint calms down. Shoes with a forefoot rocker (such as the above) prevent flexion of the great toe when pushing off but still allows you to have a proper stride!

Most soft tissue injuries will resolve within 1 – 2 weeks. If your pain persists I recommend seeing a Podiatrist.

Pose #2 – Eka Pada Rajakapotasana (Pigeon Pose)

Touted as one of the best hip openers in yoga, caution should be taken as this pose can place great stress on the nerves of the front of the hip and glutes, namely the femoral and sciatic nerves.

The femoral nerve is found within the femoral triangle, or the anatomical region of the upper thigh that houses the femoral nerve, artery and vein.

The sciatic nerve is the largest nerve of the lower extremity and can be found running above, through or below the piriformis muscle. This large nerve has branches that travel down the back of the leg all the way down to the foot. Any patient who has ever experienced the burning pain of sciatica knows that tension on this nerve can be quite unpleasant!

Yoga Toes Diagnosis: Nerve traction or Neuropraxia

I've seen several patients with symptoms of burning, tingling and pain in the foot as a direct result of nerve compression in the upper thigh or posterior glute. Depending on the pattern of paraesthesias, a Podiatrist will be able to track which nerve is impinged.

To avoid excess pressure on the femoral triangle and/or tension on the sciatic nerve, ensure proper alignment in the pigeon pose and avoid dropping or collapsing into the anterior hip.

If you begin to experience any burning, tingling or numbness down the side of the foot or arch, these are nerve-related symptoms.

Tip #1 - Be patient with nerve injuries

Patience is important as nerve-related symptoms can take a month or so to resolve. Once the traction or compression on a nerve is removed, the symptoms often resolve, however depending on how long the stress was placed on the nerve will determine the length of recovery.

Tip #2 - Improve nerve health naturally

Again there are some natural options that can help accelerate nerve recovery and optimal nerve health. I often recommend patients take L-arginine, L-methyl folate and alpha lipoic acid.

Pose #3 – Utkatasana (Awkward Chair)

A favorite pose of mine from my Bikram yoga-days, awkward chair requires the yoga practitioner to maximally dorsiflex the digits while placing all of the body weight onto the ball of the foot.

This advanced chair pose places great stress to the soft tissue of the lesser digits and can aggravate neuromas in the forefoot. I've treated many patients with a history of neuroma pain with symptom flare-ups after yoga practice.

Yoga Toes Diagnosis: Lesser Digit Capsulitis, Plantar Plate Stress, Neuroma

If you experience sharp pain, tingling or numbness around the

digits or the ball of the foot and often integrate awkward chair into your yoga practice, you may be experiencing soft tissue inflammation such as capsulitis or a aggravated neuroma.

When differentiating between capsulitis from neuroma pain, a will typically feel pain on palpation of the smaller joint with increased pain on resisted dorsiflexion or plantarflexion of the digit. This is as opposed to neuroma pain which is between two joints and can be associated with tingling down two toes.

Tip #1 - Reduce inflammation

Just like in our great toe capsulitis, the first step to recovery is to reduce the inflammation. A patient can ice, use oral anti-inflammatories such as Advil/Aleve or use topical anti-inflammatories. I often will also recommend steroid injections for this type of inflammation, as it is quite effective at rapidly reducing the pain and inflammation.

If you prefer more natural options - tart cherry juice, bromelain (pineapples) and omega-3's can be beneficial! I've had great success with patients using all of the above.

Tip #2 - Reduce the stress

Again just like in our great toe capsulitis, avoiding the movements that aggravate the front of the foot key to a full recovery. Avoid movements such as lunges, running and certain yoga poses that require extreme pressure to the front of the foot.

Paddings are often used with neuromas, as this causes the bones in the front of the foot to shift off of the neuroma.

Pose #4 – Lotus / Half-Lotus Pose

Often the pose of choice when meditating or beginning a yoga practice, Lotus pose places excessive stress to the lateral ligaments of the foot & ankle. To assume a correct Lotus position, the foot must be maximally plantarflexed and inverted. This foot position places tension on the same ligaments that we injure when spraining the ankle.

Yoga Toes Diagnosis: ATFL or Cervical Ligament Sprain

In patients with a history of ankle injury or repetitive inversion sprains may be particularly sensitive to this foot position in the Lotus pose. If you experience pain during the Lotus pose opt for a modification that does not stress the lateral ankle ligaments or use blankets to assist in the position.

Tip #1 - Avoid foot inversion stress

If you have an acute flare up in pain after practicing yoga, avoid activities that stress the lateral ankle to allow the soft tissue inflammation to decrease. I find that topical anti-inflammatories work well in these cases as the lateral ligaments are close to the skin surface.

Again most soft tissue inflammation will resolve in 10 - 14 days if the stressing position is avoided. If the pain persists after a couple weeks of rest, it is always a good idea to check in with a Podiatrist.

New Certification Program



EBFA Launches Barefoot Rx® Program

-Dr Emily Splichal

Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary. – Steve Jobs

As we begin to wind down another year, this is the time I always reflect on the past year's accomplishments and goals. Have I sufficiently achieved all my personal and career goals? Am I in a better position now than I was 12 months ago?

For as long as I can remember, intellectual and personal growth was always very important to me. Every New Year, I do not make resolutions but rather set an action plan to achieve that year's dreams and goals.

I take this same approach with EBFA Fitness. As a company, I funnel just as much pride and passion into our education and programming as I do in my personal growth. So as EBFA Fitness prepares to enter our 3rd year anniversary, it is only appropriate that we launch our official 3rd barefoot training Certification – BarefootRx®!

The new BarefootRx® Program is a Barefoot Rehab Specialist Certification that is the only one of its kind. At EBFA Fitness we are all about promoting stability, movement and performance *from the ground up™*! The new BarefootRx® Program carries this same theme – but into the physical therapy market.

Why rehab barefoot?

What if I told you, your patients and athletes could get faster and more efficient lumbopelvic hip stability by training *from the ground up™*?

Our Barefoot Rehab Specialist® Program is designed to present the latest research in barefoot science as it relates to restoring foot function, muscle activation patterns and injury prevention.

Learn how barefoot training can change foot structure, improve neuromuscular activation patterns and reinforce integrated movement patterns of the lower extremity.

The 3-Step Approach

The BarefootRx® Program is the only program that integrates myofascial compression technique (MCT), kinesiology taping and barefoot science into one powerful rehab program!

*Special Thank You to our Partners in this program
Trigger Point Performance Therapy® and Rocktape®!*

Find a BarefootRx® Workshop Near You!

Saturday December 7, 2013

H&D Physical Therapy

New York City

Sunday January 26, 2014

Emerge Fitness Training

St Charles, MO

Saturday March 1, 2014

Parabolic Performance & Rehab

Little Falls, NJ

Saturday March 29, 2014

San Mateo Athletic Club

San Mateo, CA

**LEADERS
IN
BAREFOOT
FITNESS**

Upcoming Workshops

US & Canada

Sat. Dec 7 12pm-5pm

Barefoot Rx - Barefoot Rehab Specialist - NYC, NY

H&D Physical Therapy
12 E 46Th St
New York, NY

Sat. Jan 25 11am-5pm

Barefoot Training Specialist® - Rochester, MN

Empowered Wellness
1115 7th Street NW
Rochester, MN 55901

Sun. Jan 26 12pm-6pm

Barefoot Rx - Barefoot Rehab Specialist St. Charles, MO

Emerge Fitness Training
3839 Mexico Road
St Charles, MO 63303

Sat. Feb 22 10am-3pm

Foot Strike & Functional Movement - San Francisco, CA

Muscle Activation of San Francisco
30 Hotaling Place, Lower Level
San Francisco, CA 94111

Sat. Mar. 29 12pm-6pm

Barefoot Rx - Barefoot Rehab Specialist - San Mateo, CA

San Mateo Athletic Club
Bldg. 5, 1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Sat. Apr 5 2pm-5pm

Barefoot Training for Power & Agility- Little Falls, NJ

Parabolic Performance & Rehab
One Hall Drive
Little Falls, NJ 07424

Sat. Mar 1 2pm-7pm

Barefoot Rx - Barefoot Rehab Specialist - Little Falls, NJ

Parabolic Performance & Rehab
One Hall Drive
Little Falls, NJ 07424

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Coming in 2014 - EBFA Courses in Espanol!



EBFA proudly announces our partnership with Smarter Training in Valencia, Spain to soon offer our educational programming in Spanish.

As EBFA prepares for new workshops in Latin America, we do not want language to be a barrier. All fitness professionals globally need to benefit from the power of integrating movement, programming and performance *from the ground up*™!

EBFA Fitness partners with fitness education company ST Solutions in Valencia, Spain to offer our barefoot educational program in spanish.

Want to learn more about this collaboration?

Please visit
steducational.wordpress.com

Foot Fact:



Did you know that the soleus muscle accounts for 30% of the total muscle strength generated by the foot & ankle muscles (vs. 19% gastrocnemius strength)?

This means that the power of plantarflexion resides primarily in the soleus and not, as popularly believed, in the gastrocnemius.

Silver et al. 1985

Recently Certified

Barefoot Training Specialist®

Jennifer DeSalvo- Glen Rock, NJ

Ashot Azizyan - NYC, NY

Olin Gibson- Brooklyn, NY

Beth Oliver- Beaverton, OR

Tamera Clifton - Portland, OR

Katherine Braden- Portland, OR

Jason Hansen- Huddinge, Sweden

Marion Rolls- London, England

If you have a body,
you are an athlete.

-Bill Bowerman

www.ebfafitness.com



Upcoming Webinar

Fascial Movement Taping in Podiatric Sports Medicine

Thurs. December 5, 2013 8pm-9pm EST

Register Here: <https://www3.gotomeeting.com/register/343908126>

With the foot as the only contact point between the body and the ground, optimal reaction time and loading response is critical in the prevention of many foot & ankle injuries in athletes.

Join Dr Emily as she explores the benefit of fascial taping in the prevention and management of foot & ankle sports injuries including plantar fasciitis, Achilles tendonitis, posterior tibial tendonitis plus more.

Learn how to prepare the body for movement through the fascial system and train athletes to be one step ahead of their movements!

Past Archives

**Make sure to view all of our past
webinars on our Archive**

www.youtube.com/ebfafitness

EBFA Barefoot Training Certifications



BARE® is the only barefoot balance training workout that is uniquely designed to improve balance, hip strength and core endurance.

Find out more by visiting
<http://barefootstrong.com>



Fully prepares fitness professionals to better integrate barefoot training and foot fitness into their client's workout and running programming.

For more information visit
<http://evidencebasedfitnessacademy.com/us-canada-workshops.html>



Explore the benefits of barefoot training in the rehab setting.

For more information visit
<http://evidencebasedfitnessacademy.com/us-canada-workshops.html>

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Leaders in Barefoot Fitness