



GROW WITH EBFA™

October, 2013

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

Hello Health & Fitness Professionals!

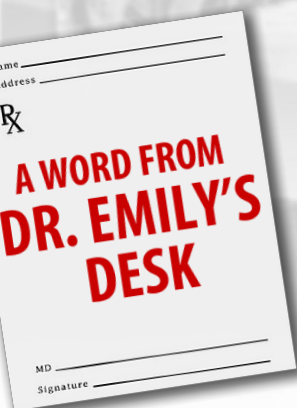
It is with great excitement that we release the 8th Issue of GROW with EBFA®!

When I first founded EBFA in early 2011, I knew that I had wanted to make an impact on the health & fitness industry by combining my passions for both fitness and medicine. Now just over 2 years later, EBFA's barefoot programming is in over 10 countries and we have just launched our new Barefoot Rx Program for barefoot science in a rehab setting.

As EBFA continues to spread the power of barefoot science, I want to take a moment to thank all of you. If it were not for the dedicated health & fitness professionals that tune in on our EBFA webinars, attended our workshops or read our newsletters - we would not be where we are!

So thank you!

Dr. Emily



Featured Article



ASIA FITNESS CONVENTION 2013

ASIA
FITNESS
CONVENTION

11 - 13 October 2013 • BITEC, Bangkok, Thailand

2013

"Engage, Empower, Enable - Build lasting results on strong foundations"

EBFA Fitness heads to Bangkok, Thailand for Asia Fitness Convention 2013!

We are near approaching one of the biggest fitness events in SouthEast Asia – the Asia Fitness Convention. In its 5th year running, AFC13 is a one-stop shop for fitness professionals to experience some of the latest fitness trends and learn from top educators from across the world.

EBFA Fitness proudly returns to AFC13, bringing our barefoot science-based education and programming to Bangkok, Thailand.

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Featured Barefoot Training Specialist®



BAREFOOT
TRAINING SPECIALIST

Meredith Abbott

Denver, CO

Certifications:

RYT, Barefoot Training Specialist®

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

My background is in yoga therapy for athletes. However, traditional yoga is not really geared towards functional mobility and sport performance, so I have had to add many alternative solutions to my clients' regimen.



(continued from page 1)

The training program has helped me better analyze the cause of dysfunction, injury, and mobility issues in my clients, creating sustainability. I am able to not only assist functional movement but to also optimize performance.

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?

I primarily work with a lot of barefoot athletes in Brazilian jiu-jitsu, Muay Thai, and the UFC, so being able to perform barefoot is a necessity. One of my clients is a professional UFC fighter who had IT band pain, knee imbalance, and foot inversion. I had him correct his hip centration with yoga and correct his foot imbalance with the BTS corrective exercise. After two weeks of cross training he was back to functional mobility, prevented knee injury, and went on to win his fight.

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

I would absolutely recommend the Barefoot Training Specialist® Program. It is very sustainable, locating causality, not just the quick fix. The body is made to move, so I believe movement therapy is the best solution for any sport.

Check out some of the new workshops at this year's convention:

Science of the Single Leg Stance

(Friday Oct 11th - 11:45am – 12:45pm)

From walking and running to going up stairs, some of the most functional activities we do every day involve standing on one leg. Join Dr Emily as we explore the muscle activation pathways that stabilize the hip, knee and foot with every step we take. Experience some of the most effective exercises for strengthening the single leg stance and learn why balance training should be integrated into all of your client's programming!

Watch that Walk: Functional Gait Assessment

(Friday Oct 11th - 3pm – 4:30pm)

You assess your client's squat and lunge, but how often do you assess their walk? As one of the most functional movements we do everyday, walking should be the foundation to all functional movement screens. Join Dr Emily for a workshop that will break down the human walking and running gait cycle. Experience the basics to a proper gait assessment and take away skills you can use on your client's right away!

The Sixth Sense of Fitness: Proprioception

(Friday Oct 11th - 5pm – 6pm)

Coordinated, precise and fast movements require sensory input to the nervous system. Learn how to train your clients by integrating their sixth sense – or proprioceptive system – and take your understanding of barefoot training, vibration training and even fascia to a whole new level. Learn the why behind many of your favorite training modalities!

Functional Foot & Ankle

(Saturday Oct 12th - 4:45pm – 6:15pm)

The foot & ankle complex plays a role in every upright action from human locomotion to squats and lunges. Join Dr Emily as she takes you through a series of hands-on assessment techniques and functional movement screens that will allow you to truly understand the integrated function of the foot & ankle complex.

To learn more about the Asia Fitness Convention please visit www.asia-fitness.com

See you in Bangkok!

Guest Article

SPRING LOADED: WEBINAR FOLLOW UP

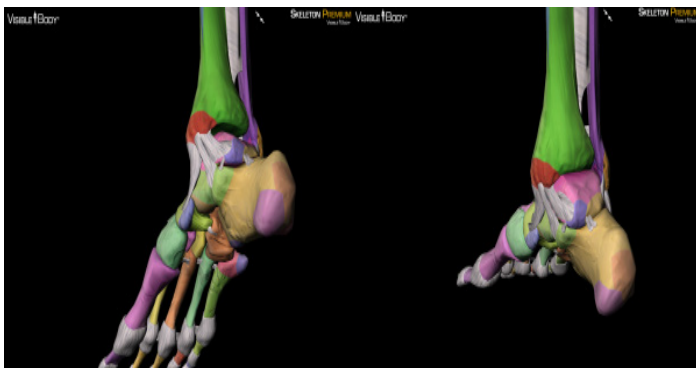
- Kevin C. Moore, BTS Master Instructor

Here are a few clarifications and expansions of ideas presented in the EBFA webinar, *Spring Loaded: Assessing the Knee Through Tibial Rotation*.

Joint Locks

I mentioned that, because I have a martial arts background, I owe a lot of my understanding of how ligaments work to joint locks used in close combat. Joint locks are not necessarily used to break joints, as it sometimes appears. Instead, they are very useful in controlling an opponent, forcing them to move, involuntarily, wherever you direct them. When a ligament is maximally tensioned along its longitudinal axis, its effectiveness at moving whatever bones it is attached to is also maximized, meaning that tiny force going into, say, a certain twist of the wrist, yields a great deal of acceleration in the radius and, by extension, the humerus and then the rib cage and thoracic spine and so on.

Ligaments are typically attached to strategic points of leverage on a bone. As a matter of fact, providing leverage for the displacement of a neighboring bone is basically the definition of the role of a ligament.



In our example from the webinar, the sustentaculum tali (calcaneus, green) is connected to the medial malleolus (tibia, red) via the tibiocalcaneal portion of the medial ligament (pictured). The body of the talus (pink) is connected to the medial malleolus as well, via the posterior tibiotalar portion of the medial ligament.

Now, let's follow the force. At the moment the heel strikes the ground, there is a ground reaction force (GRF) pushing up (and slightly medial) on the calcaneus at the point of contact. The calcaneus, however, is irregularly (and ingeniously) shaped, so that the sustentaculum tali, which protrudes like a shelf medial to the body of the calcaneus, is not being directly acted upon by GRFs. It is, however, still being acted on by gravity.

The Calcaneonavicular Ligament

We had just a moment to touch on mid-foot running patterns and how, in many, the loss of ground contact with the heel can make it harder to get the eversion moment necessary for proper propulsion. I briefly

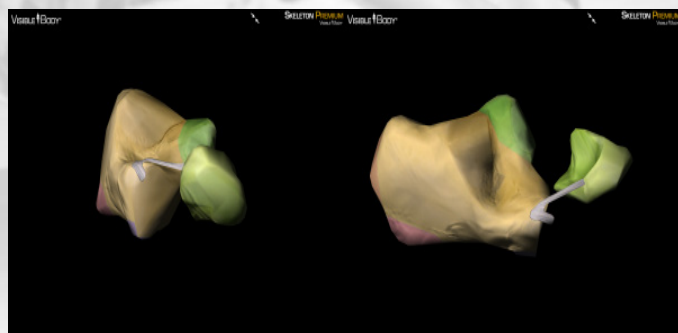


pointed out the super cool relationship between the navicular bone and the calcaneus, but I wanted to show you some more explicit evidence of that relationship.

Here it is, in context, from a slightly superior, lateral view. The Calcaneonavicular ligament is the bifurcated one, originating at the calcaneus (yellow) with the longer branch attaching to the navicular bone (light green) and the shorter branch going to the cuboid (light orange).

**LEADERS
IN
BAREFOOT
FITNESS**

Now here are the calcaneus and navicular bone in isolation:



above and shows how steep the angle of pull is between the two actors. The second view is more superior and more lateral, to show the insertion point of the ligament into the navicular bone.

This relationship allows the navicular bone to be an alternate input for eversion. The same GRFs that evert the calcaneus upon impact also act upon the navicular bone, if through a slightly more complicated pattern of leverage involving the hallux, the medial cuneiform and the cuboid bones. We could do a whole other webinar or two on that!

Method is Irrelevant

I want to clarify something I said near the end regarding fitness and rehab methods.

When I began putting together the Reembody method, I purposefully did not begin by codifying or even recording the specific exercises or manual release techniques that I do with my clients. Not because I'm guarded or protective of my intellectual property—exactly the opposite—because the movements involved in my method are not terribly intellectual. The understanding of the internal relationships that underpin those movements is the meat of the method.

There are already tons of codified and choreographed movement styles out there that work just fine. What's more, they are all necessarily made up of the same basic movements: some hip flexion, some hip extension, some spinal rotation and extension, dorsiflexion and intercostal expansion and so on and so forth. Our bodies all move in more or less the same 3-dimensional space and all of those movements have names and a bell curve of ranges that we all know (or could know, if we looked them up).

Movement methods are good or bad based on how well the instructor understands what he or she is teaching. Phyl London likes Pilates, and does it well because she knows why it works. Dr. Emily introduced VCore and has been very successful with it because she knows why it works. Jason Crandell is a fantastic yoga instructor because he understands why it works.

The Reembody method, then, is entirely about teaching people why things work.

Once you know that, you can do anything.

Foot Fact:

Did you know that we have both large nerve and small nerve proprioceptors?

Large nerve proprioceptors are typically found in the muscle-tendon junction, ligaments and capsules, while the small nerves are found in the plantar skin.



Studies have shown that small nerve proprioceptors are able to detect faster movements and therefore have a greater protective role in the prevention of ankle injuries. Want to train your small nerve proprioceptors? That's barefoot science!

Upcoming Workshops

US & Canada

Fri. Oct 18, 2013 7am-8am

Bells & Bare Feet - Dallas, TX

Pilates Empowerment Summit
Crowne Plaza Hotel Dallas- Downtown
1015 Elm St
Dallas, TX 75202

Fri. Oct 18, 2013 2pm-4pm

Peak Conditioning: Pilates and Kettlebell Training - Dallas, TX

Pilates Empowerment Summit
Crowne Plaza Hotel Dallas- Downtown
1015 Elm St
Dallas, TX 75202

Fri. Oct 18, 2013 4:30pm-5:30pm

The Sixth Sense of Fitness - Dallas, TX

Pilates Empowerment Summit
Crowne Plaza Hotel Dallas- Downtown
1015 Elm St
Dallas, TX 75202

Sat. Oct 19, 2013 12pm-5pm

BARE® Instructor Training- NYC, NY

Crunch Gym 59th St
1109 2nd Ave
NY, NY 10022

Fri. Oct 25, 2013 10:30am-10:50am

Foot and Ankle Taping- Cleveland, OH

Podiatric Fall Classic
Cleveland Airport Marriott
4277 W 150th St
Cleveland, OH 44135

Fri. Oct 25, 2013 11:10am-11:30am

Barefoot Science in Foot & Ankle Rehab- Cleveland, OH

Podiatric Fall Classic
Cleveland Airport Marriott
4277 W 150th St
Cleveland, OH 44135

Sat. Nov 2, 2013 1pm-6pm

Foot Strike & Functional Movement

Lucille Roberts
50 East 42nd Street
New York, NY 10017

International

Fri. Oct 11, 2013 11:45am-12:45pm

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EBFA's Dr Emily joins Nike Innovations!



Nike: The #1 Most Innovative Company of 2013 - Fast Company

EBFA proudly announces that our own Dr Emily has joined the Nike Innovations Team as a Consultant.

Collaborating with the Natural Movement and Running Division, Dr Emily is able to bring her unique perspective on barefoot science into the footwear industry.

"We cannot change the fact that certain athletes must be shod - but we can enhance their footwear using barefoot science to improve reaction time and proprioceptive awareness to reduce injury and enhance performance" - Dr Emily

To learn more about Nike Innovations, please visit www.nikeinc.com

Recently Certified

Barefoot Training Specialist®

Eli Caris - Rancho Cordova, CA

Jamie Crapser - New Britain, CT

Meghan Garvey - Malden, MA

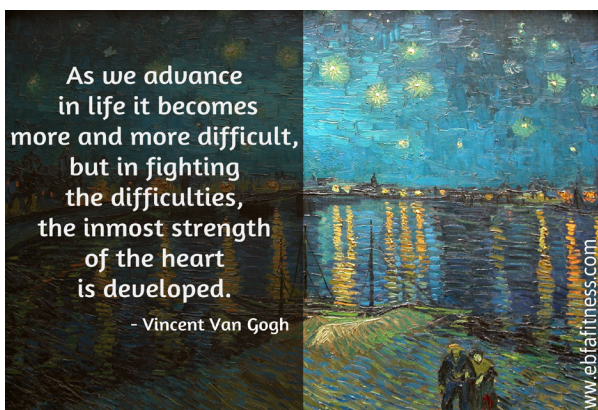
Renee Pesante - West Caldwell, NJ

Natalie Wessel - Portland, OR

Elizabeth Andrews - Mercer Island, WA

Marc Schulz - Bornheim, Germany

Armando Lemmers - Katwijk, The Netherlands



Upcoming Webinar

Yoga Correctives for the Lower Extremity

Thursday, November 7, 2013 8pm-9pm EDT

Reserve your Webinar seat now!

Register Here: <https://www3.gotomeeting.com/register/681165702>

A reported 20.4 million Americans now practice yoga everyday. As more people experience the benefits of improved balance, increased flexibility and strength, yoga related injuries are at an all time high. Dysfunctional movement patterns carry over into the yoga practice and can either be corrected or amplified.

Join Urban Wellness Clinic's Emily Kiberd DC on how to develop a keen eye for common yoga misalignments, learn alignment cues that can be given in any pose to enhance the benefits of the practice, and how yoga can be incorporated into a functional movement rehab program.

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