



Fascial Remodeling and Revolution In Motion

By Dr. Edythe Heus & Dr. Eric Hughes

Fascia is an interconnected web that touches every single cell in the body. It is made up of collagenous protein and elastin fibers, in which healthy fascia promotes strength and flexibility throughout the whole body. Fascia is also a means of communicating within the body and is responsible for many functions previously attributed to the central nervous system (CNS). Those functions include refined and gross movement, posture, visceral function, and autonomic function.

Between the fascial layers exists a substance called Hyaluronic acid (HA), which serves as a lubricant. HA is influenced by factors such as injury, overuse, and inflammation, in which case it becomes densified. Densified fascia is thick and ropery and prevents muscles from gliding smoothly over one another, thereby promoting pain and injury. These densifications can also impair function whether it is in aberrations in movement or posture, nerve entrapment, circulatory restriction, or autonomic dysfunction.

Since fascia is so adaptable to change, it also has the ability to become remodeled, regaining strength and elasticity. Normally this is performed through manual therapy techniques (i.e., fascial manipulation); however, Revolution In Motion also serves as a modality that enables you to remodel your fascia in the absence of someone that can do it for you.

Movements in RevInMo are fluid, efficient, and dynamic, thereby promoting these very effects in the fascial system itself throughout the whole body. You will feel stronger when your fascia is healthy. You will be able to avoid injuries and respond more quickly to a command that your brain wants you to do. Movements become automated, where you don't even have to think about them.

Improving your fascial system will also produce positive effects on your nervous system. By targeting small muscles of the spine and fascia around the spine and pelvic floor with RevInMo, we are able to improve the function of the vagus nerve, which carries parasympathetic (PNS) nerve activity. This has the ability to improve sleep, repair injury, and rebuild damaged tissue. In addition, the PNS regulates gut motility, digestion, heart rate, and respiratory rate. As a result, you may experience a decrease in blood pressure, less anxiety, improved and stabilized mood, and improved decision making.

When you improve your fascia, you will improve your resiliency to life's stressors — physically, mentally, and physiologically. In adopting a daily RevInMo practice, you have the opportunity to experience one of the hallmarks in “anti-aging” medicine and performance at all levels.

