The Aging Foot & Fasica Changes Transcript

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How Fascia Changes With Age

Did you know with age that our fascia and our connective tissue actually changes? Now the way that we use our facia during dynamic movement is that it acts like a rubber band.

As we walk, run, and jump, our fascia or our connected tissue acts as this rubberband to transfer energy. As we age, we start to lose that elasticity and we lose the hydration of our fascia or connective tissue.

Elasticity and Energy Transfer in Movement

What this means is we get age-related stiffness, increase our chance of getting tendon injuries, and start losing our range of motion or our mobility.

So there's three main features of fasciitis or connected tissue that we want to maintain through the aging process. The first one is hydration.

Maintaining Hydration, Elasticity, and Stability

And that doesn't mean drinking water. It means keeping your tissue hydrated through movement. The second is elasticity or the rubber band effect of our connective tissue.

This is achieved by making sure that you maintain dynamic movement that is ballistic in nature. The third and final feature of healthy fascia and connective tissue is tension or stability.

That is training your body through a specific way referred to as isometrics. the more that your focus on these three features of your fasci and connected tissue, it will protect its health through the aging process.

Remember, healthy fascia means healthy movement.