



## **A FRESH APPROACH TO IMPROVING MOBILITY AND FLEXIBILITY**

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### **OVERVIEW**

If we all know that improved movement can reduce the risk of injury, but what can we do in our group fitness classes to help our members accomplish this and deliver a better group exercise experience? Join this workshop to discover the difference between stretching and mobility and why we need to pay attention to both. Learn when we should stretch (and/or mobilize) and for how long. Get answers to your many questions and learn various mobilization techniques that can be incorporated into your classes anytime.

### **OBJECTIVES**

- Discuss new research and applications in myofascial techniques to improve mobility
- Describe the neurophysiological principles behind stretching
- Demonstrate techniques to improve joint mobility and tissue extensibility

### **SUMMARY**

Attendees will understand the importance of fascia in movement and how to optimally mobilize the fascial network. They will also understand the neurophysiological principles to stretching and design methodologies that can optimize mobility and flexibility.

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**