

Venue:	Doody's Book Review Service
Title:	Book Review: Myofascial training: intelligent movement for mobility, performance, and recovery, Ester Albin
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Joanie Holst
Abstract (or Book Review):	<p>Description</p> <p>According to the author, this first edition book is written to teach readers how to "reset" their fascial system to result in a more toned and balanced body. The first chapter provides a fairly detailed explanation of the fascial system and the second chapter shares the myofascial meridian concept as taught by Tom Myers, one of the leaders in the field of myofascia and fascial therapy. Chapters 3 through 8 focus on the author's system, which she calls FReE - Fascial Real Emotion. The final chapter provides a well-organized overview of each of the programs outlined in the previous chapters. This chapter could also serve as a handy, quick reference guide for the user during their individual trainings.</p> <p>Purpose</p> <p>The purpose of this book is to share and teach readers the author's program, FReE: Fascial Real Emotion. The FReE method is based on five strategies, each having a different effect on the myofascial tissue. The program incorporates different types of movements and exercises to train, or re-train, the fascial system. The end result or goal is to improve the vitality and functionality of the fascial system. As a fascial therapist, I would support the concept of the importance of the fascial system and its overall role in our health and movement. Without experiencing the program itself, I can't speak to its actual effectiveness, but the concept behind it is certainly one I support.</p> <p>Audience</p> <p>This book is written for anyone interested in making the commitment to follow the author's system of movements and exercises to "reset" their fascial system. The author claims this reset will result in a more toned, balanced, flexible body, thereby improving or at least possibly improving, functionality and performance in daily life. I like the approach being focused on daily life because, to me, that means anyone can achieve this result if they have the dedication and commitment to do so. The author has 30 years of experience in the world of fitness and movement including as both an instructor and personal trainer.</p>

After learning about the fascial system, she used her knowledge and experience of movement to create this program.

Features

Each chapter begins with a description of the particular strategy outlined in that chapter. Each chapter also contains well-done color photographs as well as detailed verbal descriptions of the position and/or movements being taught. Each movement is broken down to help the learners with specific strategies, movements, what to focus on, and what to work on. There is also a discussion box that notes pieces of information for additional clarity and insight. When it comes to the practical application of this program, I do believe the last chapter, chapter 9: Training Programs is well thought out and presented. The author steps the readers through choosing the area of focus (or purpose) and choosing the training program most suited to the user. Each program then lists each step in a verbal description and includes a photo of each step/position. Of added benefit is the inclusion of incorporating the programs to integrate into Pilates and functional training.

Assessment

Depending upon the readers' background and training, it is possible that much of the initial information in this book may not be new to them from the perspective of the actual stretches, exercises, or activities. However, the perspective that I do believe might be new is the presentation of these movements aligning with the inner focus of the participant in using and directing the movements to address the fascial system, thereby possibly creating the change or, as the authors calls it, resetting the fascial system. I also see the author's emphasis labeled as "focus on" and "work on" to be key, especially for movements we do out of habit and sometimes forget why we are doing them. Lastly, especially for those in the field of personal training, I think the suggestions for integration into Pilates and functional training could have much to offer.