



ABDOMINAL FASCIA RELEASE

Relieves digestive issues, increases circulation, and
relieves anxiety in the gut.



BEFORE WE BEGIN

With all self-help fascial release techniques, it's important to remember that you're trying to pin a piece of your fascial system (to a foam roller, lacrosse ball, etc) and stretch it through movement. Sometimes this can be intense, so don't forget to breathe as you learn to move better, feel better, and create lasting change!



- + **01** **FLAT ON BACK**
- + **02** **POSITIONING**
- + **03** **LOCATE & APPLY PRESSURE**
- + **04** **INHALE & EXHALE**
- + **05** **MOVE AROUND ABDOMEN**
- + **06** **RIBS**
- + **07** **LOWER ABDOMINALS**
- + **08** **TIPS FOR SUCCESS**



STEP BY STEP



FLAT ON BACK

Start laying down on your back. You'll be using your hands to pin and stretch your abdominal fascia. You will be pinning and stretching with your breathing. Make sure that you are breathing through your belly in a slow and controlled manner.

+ 01



BELLY BUTTON



RIBS



AND

+ 02

POSITIONING

Everyone has tightness or knots in different spots on their abdomen. Hunt for the tightest/most knotted spots. Often they can be around (not in) the belly button area or up by the ribs.



LOCATE



THEN

PRESSURE



LOCATE & APPLY PRESSURE

You'll want to use three fingers (typically your right hand) to locate the knots. When you locate them you'll want to use that hand as your primary tool and the other hand as a support tool. Then apply a little pressure to that spot. **DO NOT** put pressure directly on the belly button as it's an area with a lot of nerves and can be very sensitive.

+
03



INHALE



THEN



EXHALE

+ **04**

INHALE & EXHALE

Take a breath into your belly and let it out, gently pushing into your belly as you exhale. You want to relax as much as possible and let your hand sink into your belly as your belly collapses on the exhale. Make very slight/small and steady circular motions with your hands after you exhale and gradually move to different spots along your abdomen.



AND



+ 05

MOVE AROUND ABDOMEN

If you get a really good spot you will feel it start to "break up" and you might hear some gurgling in your stomach. That's good. Sometimes you may have to chase a knot and follow it with your hands. Spend about 20 seconds on each spot as you start to move around the abdomen searching for knots.



UNDER RIBS



THEN



SINK & PULL

RIBS

If you need to go under the ribs you want to get your hands under the ribs a little and then take your breath in. As you exhale really sink in under the ribs, then pull the tissue away from your ribs and down towards your stomach.

+ 06



LOWER ABDOMINALS

If your tightest knots are lower in you abdomen, bend your knees up then follow the same directions as steps 1-5. This will help to give your pelvis a tilt so you can really sink into the lower abdominals.

+ 07



TIPS FOR SUCCESS

- Every breath you take while doing this work should be relaxed (not forced), using FULL inhales and FULL exhales.
- Find up to 10 tight or knotted spots and focus on each one for about 20 seconds.
- While releasing each spot **KEEP YOUR FINGERS MOVING SLOWLY.**
- Spend approximately 3-4 full breaths on each spot before moving to the next.
- You can either “follow” one spot through your entire abdomen or pick and choose up to 10 separate spots that feel worthy of releasing.
- **DO NOT PUSH OR POKE YOUR FINGERS INTO YOUR BELLY BUTTON.**
- If what you’re doing hurts, back off. This should feel slightly uncomfortable, and if your belly isn’t relaxed it might be more uncomfortable than it should be, but it shouldn’t HURT.
- If you find you have extremely an tight/knotted up belly, then try this once a day for a week.

+ 08

ADVENTURE WITH CONFIDENCE

As always I hope you're learning to trust your body, do what you love, and adventure through life with confidence.



THANK YOU!



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