

# Fascial Mobilization Using The FAT-Stick



# ***What Can the FAT-Stick Do For You?***

**The FAT-Stick can help you:**

**1: Quickly loosen tight areas**

**2: Improve athletic performance**

**3: Enhance recovery after workouts**

*Use the FAT-Stick whenever or in areas where:*

- You feel tightness or restricted movement*
- You can use the FAT Stick Tool as often as you like - daily use is fine*



## **Do NOT Use The FAT-Stick If....**



You use blood thinners or NSAIDs: These can result in severe bruising and create tissue trauma.



You have fragile skin such as is the case with the elderly. The textured surface can tear fragile skin with very little pressure.



You have an open wounds or apparent skin rash. The textured surface can increase the size of the wound and, in areas of skin rash, may tear the skin.



You have recent scars from trauma or surgery: The FAT-Stick should not be used over scars until full healing has occurred or at least 3 months or more have passed.



There is any complaint of skin irritation or rash when using the Balm, discontinue use immediately.

# ***What is Fascia and Fascia Mobilization?***

Fascial mobilization using the FAT-Stick targets and loosens fascia without damaging or bruising tissue.

To visualize what fascia looks like - think of a muscle that is embedded with fibres that extends from the surface of the skin to the bone as illustrated in the picture below. Those fibres are the fascia – a complex web of connective tissue.

Fascia is now understood to play a vital role in movement. Tight fascia can lead to an **impaired range and control of motion which can impair athletic performance and is often a precursor to injuries.**

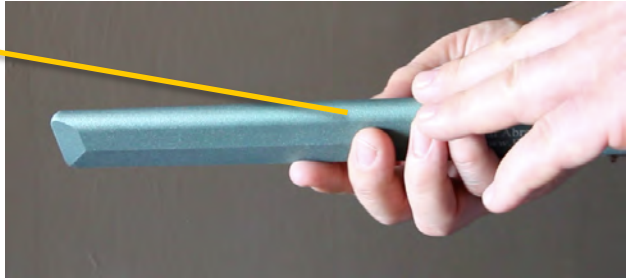


*Photo credit: Dr. J.C. Guimberteau*

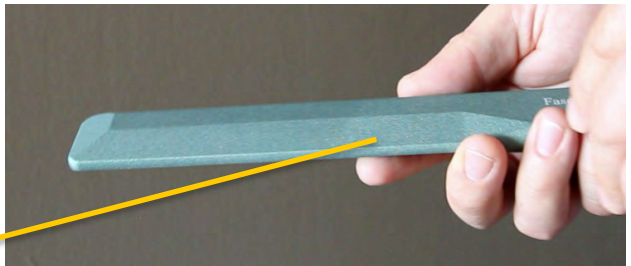
## ***What Is The FAT-Stick?***

The FAT-Stick has multiple edges and surfaces, a comfortable handle and a patented textured finish that allows for a better grip of surface tissue and underlying fascia. These features maximize the ability of the FAT-Stick to deeply loosen and mobilize tissue tension and stimulate improved blood flow and lymphatic circulation.

**Rounded  
Edge**



**Beveled  
Edge**



# *Steps When Using The FAT-Stick*

The goal when using the FAT-Stick is to LOCATE then LOOSEN tight areas in your muscles that cause restricted movement. The three steps you will follow are:

## **STEP 1. GET READY**

...by putting your muscle in a stretched position and then applying a small amount of friction balm

## **STEP 2: LOCATE**

...the areas of tension and tightness in your muscles by using the SWEEPING STROKE

## **STEP 3: LOOSEN**

...the tension by using the BURST STROKE

**Each of the above steps is explained on the following pages.**

# Using The FAT-Stick- STEP 1

## STEP 1. GET READY

*To locate the areas of tension by placing the tight muscle into a moderately stretched position*

To achieve the ideal amount of stretch to locate tissue tension - bend the nearby joint to approximately 50%-75% of the available range of motion. You need to feel the skin grabbing the underlying fascia (so the skin should not feel loose or be easily jiggled). If it is too loose or too tight it will be hard to locate areas of tightness.



# Using The FAT-Stick- STEP 1

## STEP 1. GET READY

*This step also includes applying a small amount of friction balm*

A SMALL amount of friction balm should be applied over the entire muscle. The application of a thin layer of balm allows for smoother movement of the FAT-Stick while at the same time helping to increase friction between the tool and the skin. Use sparingly to avoid too much glide.

There are two types of balm – a soothing balm and a warming balm. Both accomplish the same thing but the ingredients in the warming balm warms the area for several hours after use to improve micro-circulation and help maintain the improved tissue mobility.



***The warming balm can be too HOT for people with sensitive skin. Always test sensitivity by using a very small trial amount.***



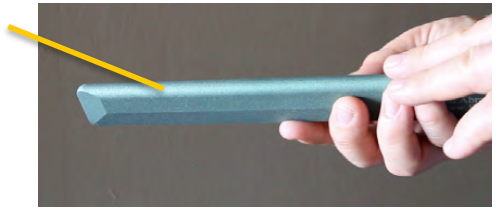


## Using The FAT-Stick- STEP 2

### STEP 2: LOCATE

*Now, locate the area of restriction or increased tissue tension using the SWEEPING STROKE*

*Place the rounded edge against the skin and perform sweeping motions as shown on the next page.*



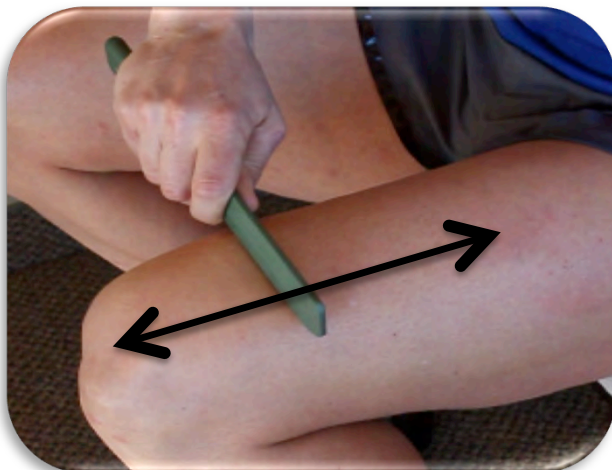
## Using the *FAT-Stick- Sweeping Stroke*

The SWEEPING STROKE is generally used in Step 2 to locate the areas of tissue tension

Start by using the LONG, ROUNDED EDGE of the stick and apply light pressure while moving the tool up and down the entire length of the muscle in a sweeping manner. Maintain pressure when moving the tool away AND when pulling or returning the tool to the starting position. When passing or sweeping the tool over the tight zone within a muscle, you will ***feel less glide and a stronger pull or grab compared to other-non-tight areas.***



**TIP:** *This takes a little practice. Once you get a feel for it you will be able to use the Sweeping Stroke to quickly isolate areas that you need to work on. As your skill increases, you may find using the beveled edge more effective.*

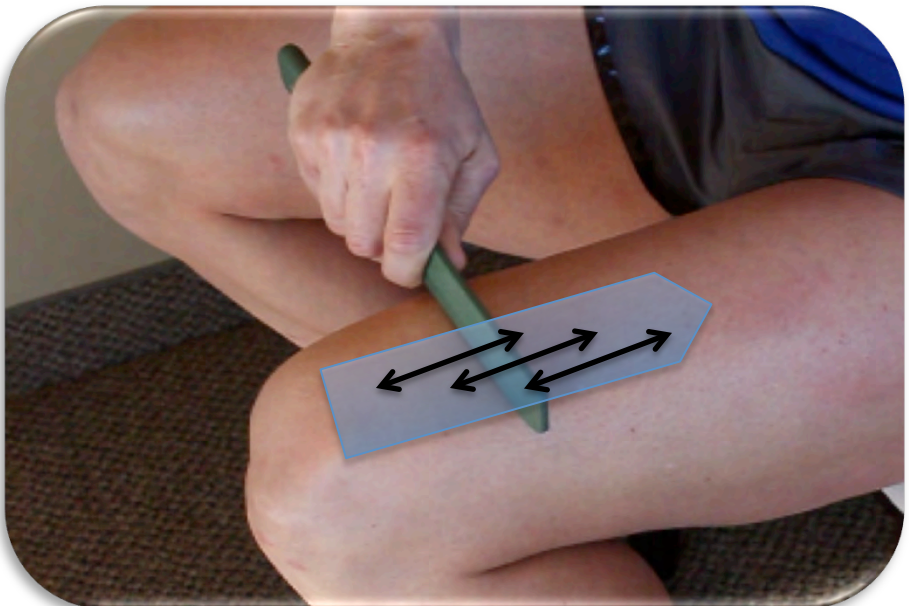


## *Using The FAT-Stick- Step 3*

### STEP 3: LOOSEN

*Loosen the tightness that you have found by using the BURST STROKE*

This stroke is the most effective at loosening tight muscles. It involves shorter and more rapid back and forth movement of the tool. To use the burst stroke, apply **moderate** pressure with the tool along the tight zone. Start with the long rounded edge then progress to using the beveled surface. Move the tool in rapid, short (3-4 inch), back-and-forth scrubbing like strokes in tight areas. Like the sweeping stroke, maintain pressure when moving it in both directions and overlap each stroke.



# *Common Mistakes*

Review the common mistakes noted below in order to refine your technique and the effectiveness of the FAT-Stick.

- **APPLYING TOO MUCH BALM** reduces friction and results in excessive glide.
- **TOO MUCH PRESSURE** can be painful and cause bruising or risk tearing the skin. All strokes should feel comfortable
- **USING THE WRONG SURFACE:** Use the rounded edge for LOCATING (sweeping stroke). Use the beveled edge for LOOSENING (burst stroke).
- **STROKES THAT ARE TOO LONG OR TOO SLOW** inhibits the tissue teasing” mechanism that the FAT-Stick’s textured surface has on the underlying fascia. Rapid and short movement is best.

## *Using The FAT-Stick The Special Edges*

You can use the ENDS of the FAT-Stick tool on smaller muscles and in areas such as the hand, wrist, knee and foot.



**ROUNDED END**



**BEVELED END**

## *Try it Out!*

Effective use of your FAT-Stick requires you to correctly follow the instructions we have described but it also requires you to develop a “feel” for tissue tension, which you will develop as you practice.

Start using your FAT-Stick by working on an area of tightness or an area where you experience reduced range of motion. Remember, do not treat painful areas - you should see a qualified medical practitioner first.

When you have correctly used the FAT-Stick, tight areas should feel looser and you should feel improved movement.

For tips on how to use the tool and how to treat specific body parts, check out the training videos available on the [www.FAT-Tool.com](http://www.FAT-Tool.com) website.

# ***Caring For Your FAT-Stick***

It is important to clean the FAT-Stick instrument after each use

## ***CLEANING INSTRUCTIONS***

The best way to clean the tool between each use is to use an alcohol based hand sanitizer and a cotton cloth. Rub the sanitizer over the tool then wipe with a cotton cloth.

Periodically, warm water and dish soap with a soft scrub brush can be used.

Avoid banging the tool on hard surfaces. If there is damage to the treatment edges it is possible to cause injury when the tool is used. Also, avoid rubbing the tool against hard surfaces, this will negatively effect the textured surface.