

BULLETIN BOARD



Q. I've heard that when you stretch a knotted muscle, the knot gets tighter. Any truth to this?

A. Dr. Sandra Vaughan PT, DPT, registered physiotherapist at PhysioCare Inc. Barbados and a STOTT PILATES® instructor responds:

Knots in muscles refer to areas of tension built up in a muscle that has been working. The more the muscle contracts, the greater the likelihood that it will get tighter. Stretching muscles with knots does not make them tighter. It is actually good to stretch and increase the flexibility of the muscle and allow it to perform better. So in fact, stretching makes the situation better—not worse.

It is important to stretch muscles that are warm, i.e., those muscles that have

a good supply of blood going to them. This means that it is better to stretch after you have exercised or increased your heart rate, which will increase the circulation of blood around the body. This in turn will warm the muscles.

Avoid the buildup of knots by cooling down following exercise, and include stretches to the muscles that you worked during your exercise. Using a foam roller or massage stick is also great for relieving tension in stubborn muscles or those that have been left unattended for a long time. And fortunately, a regular practice of Pilates will help to keep muscles flexible.



In honor of 10 years of the groundbreaking FAMI (The Functional Anatomy for Movement and Injuries) Workshop—a four-day-long intensive on anatomy and injuries for movement professionals held in a medical school—we asked founder Carrie McCulloch, MD, to share some FAMI fun facts.

Number of participants over the years: About 600 from a total of 21 countries.

Perpetual source of amazement for students: Finally visualizing the pelvic floor in all of its three-dimensional glory; seeing how thin the TVA muscle can be; the fact that you can get arthritis in your ear.

Funniest sentence made up to memorize parts: Oh, yes, mnemonics! They are a saving grace for many medical students. Some of the funnier ones are a little too full of potty humor to print, though. There is a fairly tame one used to memorize the carpal bones of the wrist (Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapeziod, Capitate and Hamate): Some Lovers Try Positions That They Can't Handle.

Combined number of teachers' post-college years of training: I would venture a guess around 100.

Most times a single participant has attended: FAMI participants often come back year after year to take the same course, which is the highest compliment an attendee can bestow. We've had one alumni attend four times!

The juice on beloved FAMI Co-Director Dr. Jeffrey Laitman and Faculty Member Dr. Joy Reidenberg: Dr. Laitman



originally thought Pilates referred to a biblical term. Dr. Laitman and Dr. Reidenberg have anatomy rockstar status. You can hear a pin drop when either one of them is lecturing at FAMI.

The most popular station at the Gross Anatomy lab: Both Dr. Laitman and Dr. Reidenberg looked at Matt [McCullough, FAMI co-founder] and me with raised eyebrows when we devoted a significant amount of the curriculum to the pelvic floor—a subject which often prompts lots of yawns from medical students, but naturally ends up being one of the most popular stations.

What a decade of FAMI means to you: What started out as a small conversation between a medical student, a Pilates instructor and an anatomist has grown into an internationally attended marathon of cross-disciplinary learning and collaboration—and one of the most gratifying experiences of my career. To hear students say things such as 'FAMI was on my bucket list' and 'attending FAMI was one of the most significant experiences of my life next to getting married' is humbling. I am honored to be a part of the FAMI faculty who has impacted the way so many movement professionals see the human body.

For more information and to sign up for FAMI, visit www.kinectedcenter.com.