Hello Health & Fitness Professionals!

Greetings from Singapore!

This month EBFA is taking a big step in changing the way the fitness industry looks at barefoot science, the foot & ankle and from the ground up programming.

EBFA has proudly partnered with SE Asia Education Company - FIT - to launch our EBFA Master Instructors Program. With branches in China, India, Indonesia, Malaysia, Philippines, Singapore and Thailand, FIT will be the official EBFA Education Partner for SE Asia.

This Partnership will allow EBFA to continue to spread out unique programming and Certifications to fitness professionals globally! To learn more about EBFA Master Instructor Program please check out Page 4 in this issue of GROW!

Dr. Emily

Featured Article

The Pelvic Floor
Our Second Diaphragm
- By Jennifer Pilotti, MS

Over the last 8 months, I have become fascinated by the role pelvic position plays on the body’s stability. More accurately, I discovered the importance of the pelvic floor on all things low back oriented. I train many people that suffer from low back pain - some of whom have had surgery, others that are trying to avoid surgery.

While many of them have positional similarities, the most striking similarity I have found (now that I know to look for it), is the inability to maintain pelvic position with activation of muscles that work in the transverse plane, such as the

continued on page 2
2. Why did you initially attend the BarefootRx® Workshop by EBFA?

BarefootRx® work makes sense to me. We can train with it while recognizing that we often live in environments where we, of course, need protective footwear. I work with a lot of athletes who are amazed at their gains in general proprioception and balance once they work barefoot for some of their training time.

Working strength, balance, lower extremity alignment and lumbopelvic hip stability with techniques from BarefootRx® are a highly efficient way to prevent injuries, particularly in the lower body.

3. Would you recommend this workshop to your colleagues? Why or why not?

I brought a friend and colleague with me to the BarefootRx® workshop and came to the workshop via recommendations from a PT friend as well as the TRIARQ organization. I have recommended the workshop already as a lot of my friends and colleagues work in related fields. I also like knowing the latest studies and speaking with PTs, OTs and doctors who work in this area.

4. Do you see the application of barefoot science in a rehab setting expanding with research? Or do you see it as more of a trend?

I think the “barefoot” footwear is evolving and we’ll eventually see more of a shift towards minimalist footwear that still can work with people who are living in an urban environment, while weeding out the trendy. I think this research will help a lot. Science is supporting the ideas put forward from a lot of new thinkers of the interplay of muscles and fascia in the body.

I definitely like Dr. Emily Splichal taking the latest science and applying it to functional movement. In particular, with an aging population, I think the importance of fall prevention and improving balance via barefoot training will gain in popularity. We are also starting to realize the vast problems from hammertoes to bunions, etc. that have come with our modern footwear and are beginning to understand how to work effectively and knowledgeably with the feet as a means to connect to the rest of the body.

To learn more about Laurice Nemetz and her work please visit www.wellnessbridge.com
As I have mentioned before, I view my job as a movement professional to help people move as efficiently as possible. This is directly related to the body's ability to stabilize on the deepest level, and really, it means having an understanding of what is required for the body to do that.

If the pelvic floor and the engagement of the deep abdominal muscles is ignored, performance will be hindered. The crazy thing is I have watched efficiency (and movement quality) improve dramatically in yoga practitioners, golfers, and triathletes by simply improving the function of the deep stabilizing system.

I have also seen grandparents pick up their grandchildren without pain, and low back pain lessen. Anatomy and physiology in the absence of disease is consistent—understanding how the body works dynamically is the most valuable tool a movement professional can have.

To read more of Jennifer Pilotti’s articles please visit www.bewellpt.blogspot.com.

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**EBFA RESEARCH**

**Want to get involved in barefoot research?**

It is with great excitement that EBFA officially launches our Barefoot Research Division. We recently received IRB approval for two studies that are set to begin Spring 2014. If you, a colleague or client match the following criteria and want to get involved in our barefoot research - please e-mail: education@ebfafitness.com.

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**Research Study #1**

*The Immediate Effect of Barefoot Neuromuscular Training on Gluteus Medius Activation in Active Females: A Comparative Study*

Of the lower extremity joints, the knee sustains the highest percentage of injuries, particularly among physically active individuals. Numerous studies including a 2009 study by Boling et al. have demonstrated that females sustain a higher number of overuse knee injuries compared to males. Reiman et al. cited 51 articles that provide biomechanical evidence that support the concept that proximal hip weakness, namely to the gluteus medius, may contribute to knee injury risk.

Current injury prevention programming primarily focuses on isolated hip strengthening, however Janda et al. has demonstrated that efficient hip stabilization requires initial activation of the deep hip external rotators. Janda et al. further demonstrated that deep hip stabilization can be achieved through plantar foot contraction and activation.

To date, minimal research has focused on the association between barefoot strengthening, hip activation and knee injury risk. Although numerous barefoot-based research studies have been published, a majority of these studies have focused on barefoot running biomechanics, not barefoot neuromuscular activation patterns.

It is the goal of EBFA to expand upon the concepts of Janda et al. and explore the benefit that barefoot stimulation may have on injury prevention. The primary purpose of our study is to evaluate the effects of barefoot neuromuscular training on gluteus medius time-to-fatigue, as well as peak muscle activation of the gluteus medius and upper gluteus maximus and the timing of hip activation during a single leg landing task.

**Seeking:**
Female participants ages 18 - 40 with no known history of trauma or surgery to the knees, hips and ankles. Must be able to participate in a one-day study in NYC.

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**Research Study #2**

*The Effect of Toe Spread Sandals on Mild to Moderate Bunion Pain: A Comparative Study*

A bunion (hallux valgus) is a deformity of the great toe, where the metatarsophalangeal joint protrudes laterally, and the head of the great toe turns inward toward the other toes, sometime crossing over or under the 2nd toe. Although causes of bunion formation may vary, some studies have demonstrated an imbalance between adductor hallucis and abductor hallucis strength as one such factor.

Although little research exists on the prevention of bunion formation through abductor hallucis strengthening, patients have reported decreased bunion pain when in shoes that promote abduction of the hallux. In the above study, we hope to demonstrate the benefit of toe spread sandals on the reduction of mild to moderate bunion pain.

**Seeking:**
Male & female participants ages 18 - 65 with history of mild to moderate bunion. No known history of trauma or surgery to the foot. Participants must submit current x-rays for the study but may participate if they are not based in NYC.
Master Instructor Program

EBFA Launches New MI Program

-Dr Emily Splichal, Founder EBFA Fitness

Do you have a passion for fitness and education?

We are looking to bring on a highly select group of Master Instructors to share the power behind our unique educational programming for health and fitness professionals.

The EBFA Master Instructor (MI) Team is made up of highly qualified, passionate instructors with extensive fitness industry experience. All EBFA MI’s have been thoroughly trained to teach the core Certifications offered through the EBFA program. Our Master Instructors lead instructor trainings and continuing education workshops throughout the world.

Do you want to join a team of leaders in barefoot education?

As the first and only fitness education company that focuses on programming from the ground up™, EBFA has become the leaders in barefoot education globally!

Started in 2011 by Podiatrist and Human Movement Specialist, Dr Emily Splichal, EBFA was her way of sharing with the industry her passion for both medicine and movement. With Dr Splichal’s unique educational background and insight into human movement as it relates to the foot & ankle and barefoot science, EBFA quickly became recognized for our evidence-based barefoot training programming including:

- Barefoot Training Specialist® Certification
- BARE® Workout Instructor Training
- Barefoot Rx® Certification
- Foot Strike & Functional Movement (Gait Assessment)

Requirements for becoming an EBFA Master Instructor:

1. Candidate must hold a current, Nationally-Accredited (NCCA) Personal Trainer or Group Fitness Certification such as ACE, AFAA, NASM, NSCA or hold an advanced degree such as BS, ATC, LMT, MS, DPT, DC, DPM, MD.

2. Candidate must have a minimum 5 years experience in the fitness industry and demonstrate a passion for continuing education through either advanced fitness Certifications or attendance at fitness conferences.

3. Candidate must be fluent in English, but upon successful completion of the EBFA MI Program, courses can be taught in native language. EBFA will assist in the translation of all EBFA manuals, power points and supplementary educational materials.

4. Although prior teaching experience is not required, EBFA MI must demonstrate proficiency in public speaking and must embody the passion for the foot & ankle, barefoot science and human movement.

Upon successful completion of the EBFA MI Program, the MI will join a team of like-minded, passionate professionals who are ready to change the way the fitness industry looks at human movement, injury prevention and athletic performance - from the ground up™!

EBFA Master Instructor Training

May 9 – 11, 2014
New York City

Accepting Applications!

For more information please contact:
education@ebfafitness.com
Foot Fact:

Did you know that as we age we actually lose mechanoreceptors in our feet requiring 2x the amount of stimuli to create a response? (Riberio et al. 2007)

Barefoot training can be neuroprotective by decreasing the threshold of these receptors - reducing fall risk & keeping us barefoot strong! Consider the role of small nerve proprioceptive training as we age.

Upcoming Workshops

US & Canada

Sat. Mar. 29, 12pm-6pm
Barefoot Rx Barefoot Rehab Specialist - San Mateo, CA
San Mateo Athletic Club
Bldg. 5, 1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Sun. Mar. 30, 10am-3pm
Foot Strike & Functional Movement - San Francisco, CA
Muscle Activation of San Francisco
30 Hotaling Place, Lower Level
San Francisco, CA 94111

Sat. Apr. 5, 2pm-5pm
Barefoot Training for Power & Agility - Little Falls, NJ
Parabolic Performance & Rehab
One Hall Drive
Little Falls, NJ 07424

Sat. Apr. 12, 11am-4pm
Foot Strike & Functional Movement - Danvers, MA
KiKi Pilates
10 Elm Street
Danvers, MA 01923

Sat. Apr. 26, 10am-4pm
Barefoot Rx Barefoot Rehab Specialist - New York, NY
H&D Physical Therapy
12 E 46th St
New York, NY

Sat. Apr. 27, 11am - 12:15pm
Run Injury Free - Palo Alto, CA
Nor-Cal Fitness Summit
Residence Inn - Palo Alto
1854 El Camino Real West

International

Sat. Mar. 15, 10am - 5pm
Foot Strike & Functional Movement - Singapore
FIT Singapore
335B Beach Road
Singapore

Sat. Mar. 22, 10am - 5pm
Foot Strike & Functional Movement - Bangkok
Fitness Innovations Thailand
884, 886 Ploenchit Road, Lumpini,
Pathumwan
Bangkok 10330, Thailand

Sun. Mar 23, 10am - 5pm
Barefoot Training Specialist® - Petaling Jaya
FIT Malaysia
No. 2-8, 2nd Floor, D19 Business Centre, Jalan PJU 8/3
Bandar Damansara Perdana,
47820 Petaling Jaya, Selangor,
Malaysia 47820

Sat. June 7, 9:30am - 6:30pm
Movement From the Ground Up - Barcelona, Spain
Avinguda Guiera, 6
08290 Cerdanyola del Vallès,
Barcelona, Spain

Sun. June 8, 9:30am - 6:30pm
Movement From the Ground Up - Barcelona, Spain
Avinguda Guiera, 6
08290 Cerdanyola del Vallès,
Barcelona, Spain

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MOVEMENT FROM THE GROUND UP
WEBINAR SERIES

DATES

EVERY WEDNESDAY, THIS MONTH OF APRIL 2014
This training meets 4 times. You are expected to attend all 4 sessions.

APRIL 9, 16, 23 and 30 from 8:00pm to 9:15pm EDT

DESCRIPTION

Join EBFA’s Dr Emily for our first CEC webinar series introducing you to our unique from the ground up programming.

In this 4 part webinar series you will learn how barefoot science and foot activation are the foundation to faster stability and efficiency which translates to more functional movement.

Week 1 (April 9) - Introduction to from the ground up training. Learn how to improve foot to core sequencing through co-activation patterns, joint coupling and myofascial integration.

Week 2 (April 16) - Introduction to from the ground up functional movement. Learn how to assess the walking gait cycle to improve client programming and movement efficiency.

Week 3 (April 23) - Introduction to from the ground up movement efficiency. Learn how to improve movement through faster deceleration, eccentric endurance and better energy storage.

Week 4 (April 30) - Introduction to from the ground up programming. Learn through case studies in injury prevention, athletic performance and corrective exercise.

Earn NASM, NSCA, ACE & AFAA cecs.

PRICE

$125.00 per registrant until APRIL 1st - Use Code EBFA!
$160.00 per registrant after April 1st

For information regarding cancellations and refunds, please contact the organizer at dremily@ebfafitness.com.

HOW TO REGISTER

Reserve your Webinar seat now!

Register Here: https://attendee.gototraining.com/r/5175918359356242433

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