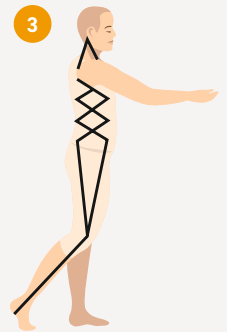
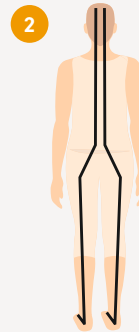
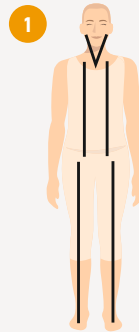
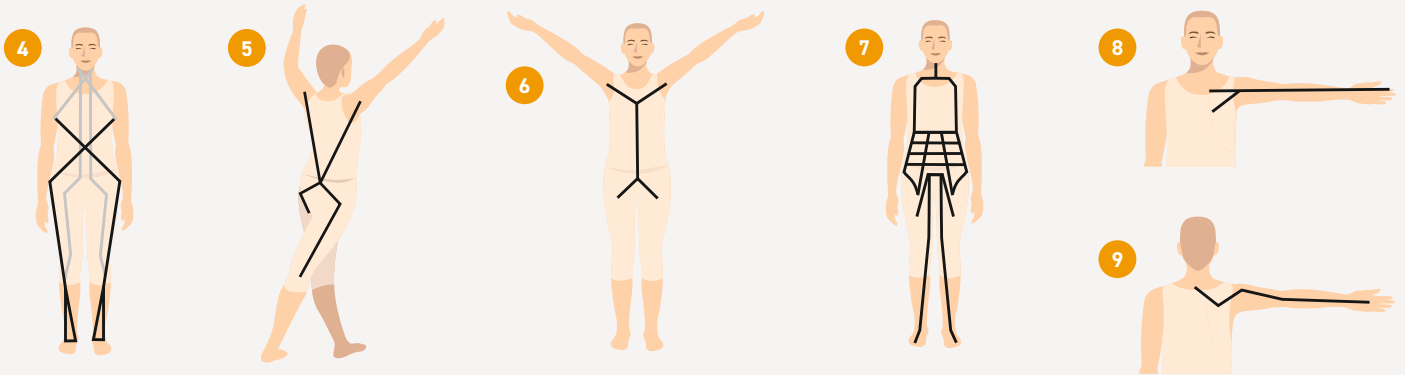


What are the myofascial chains?

- 1 Anterior myofascial chain
- 2 Posterior myofascial chain
- 3 Lateral myofascial chain
- 4 Spiral (lateral) myofascial chain
- 5 Posterior functional chain
- 6 Frontal functional chain
- 7 Deep myofascial chain
- 8 Anterior myofascial arm line
- 9 Posterior myofascial arm line



Myofascial chains are networks of muscles and fascia (connective tissue), that are connected to each other and work together as a functional unit.



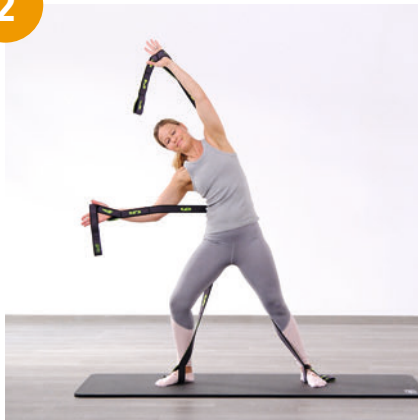
The illustrations are schematic and highly simplified.

Example exercise: activation of the deep muscles (rotation)

1



2



3



1 Start

Stand upright, band in an individual basic position, cross on the back, arms in a W-position, hands open to the front or upwards.

2 Exercise

1. Push the arm outwards with shoulder and hand, alternating between right and left arm
2. Push the arm upwards over the shoulder and hand, alternating right and left
3. Combination at approx. 90°

3 Variation

- Legs crossed (foot in dorsiflexion, not shown)
- Legs crossed (foot in supination, entire lateral line addressed), both arms overhead in a V-position
- Both arms held overhead and the band behind the arms (requires more ventral activity)

In case of the following diseases / in these situations the SISSEL® OCTOCORE® should not be used:

- Acute inflammation and inflammatory changes in the joints (arthritis)
- Osteoporosis (reduced bone density)
- Acute slipped discs
- Pregnancy
- Fibromyalgia ('fiber-muscle pain', 'soft tissue rheumatism')

The future of myofascial training starts here

Whether you are a trainer, physiotherapist or user:
the SISSEL OCTOCORE offers you reliable and effective
training of the myofascial chains.

The variety of exercises can be tailored precisely to the individual
needs of the user. The SISSEL OCTOCORE combines the elements
of stretching, training, activation, relaxation, and rehabilitation in
a convincing overall package.

