

# C.R.ï.R Program

Episode 1: When I say Tissue Quality, what comes to mind?



<https://youtu.be/KejZ7jNvfc4>



[https://open.spotify.com/show/4DfcGaaHjmScNGrIMD1sX0?si=IHVzG-7wQL-IEyAEsIVIUg&dl\\_branch=1](https://open.spotify.com/show/4DfcGaaHjmScNGrIMD1sX0?si=IHVzG-7wQL-IEyAEsIVIUg&dl_branch=1)

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## Disclosures

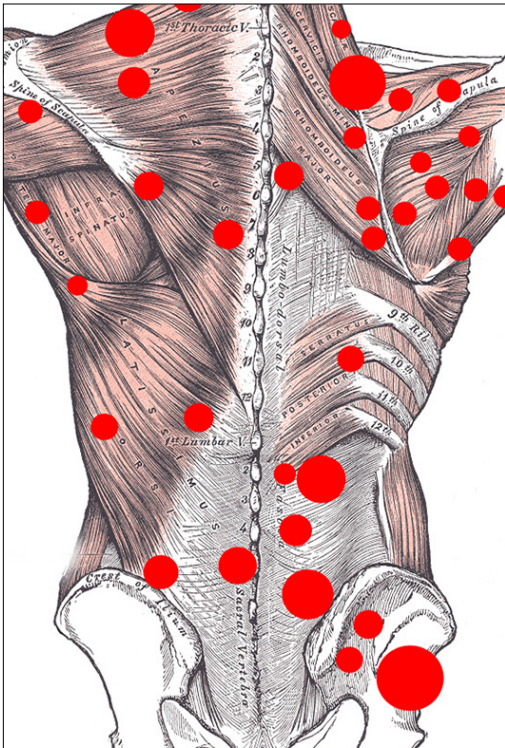
- I have the following financial relationship to disclose:
  - I am creating and recording this as part of my responsibilities to Mercy. This responsibility falls under my normal salary.

## Knowledge Gap/Intent

Provide an oversight of **ALL** the tissues encompassed by the term  
“tissue quality”.

CEU’s will be provided –upon completion of a quiz and course review–  
by Outlaw Movement Systems, LLC (OMS).





## “Trigger points”

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- Muscle
  - Actin
  - Myosin
- Tendon
- Fascia sheath

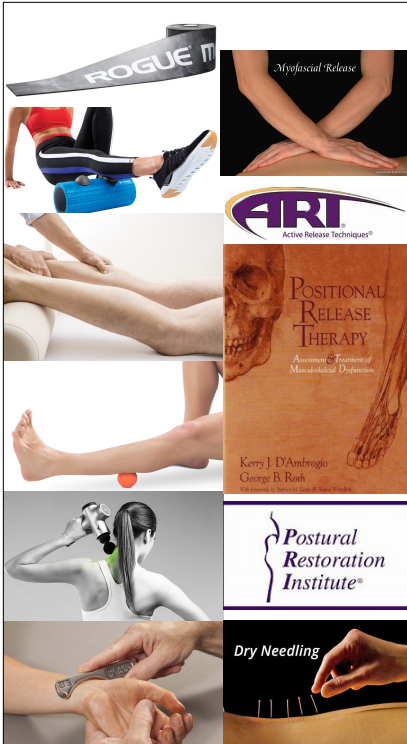
## Butt.....

- |                     |                                   |
|---------------------|-----------------------------------|
| 1. <i>Muscle</i>    | 9. Venous vessel                  |
| • Actin             | 10. Lymphatic vessels             |
| • Myosin            | 11. Nerve fibers                  |
| 2. <i>Tendon</i>    | 12. Nerve endings                 |
| 3. <i>Fascia</i>    | 13. Blood                         |
| 4. Dermis           | 14. Lymph                         |
| 5. Subdermal tissue | 15. Extracellular fluid (exudate) |
| 6. Periosteum       | 16. Joint Capsule                 |
| 7. Ligament         | 17. Synovial fluid                |
| 8. Arterial vessel  | 18. Chondral surfaces             |



16%

8% . . . . .



What is the commonality....

**UNDER PRESSURE**

Words by  
 FREDDIE MERCURY, JOHN DEACON,  
 BRIAN MAY, ROGER TAYLOR  
 and DAVID BOWIE

Moderately

*pp cresc. poco a poco*

*(Voice starts 1st time)*  
 Bah bah bah bah,      bah bah    bah bah      bah bah bah bah bah bah.

*1. Press - sure,      push - ing    down... on me;    press - ing*  
*2. (See additional lyrics)*

*down... on you;    no man ask for.      Un - der    pres - sure,      that burts*

## What does compression do?

- Activates nerve endings
  - Nociceptors
  - Pressure receptors
  - Other free nerve endings
  
- Impedes(stops) fluid flow
  - Blood
  - Lymph
- Compresses cells

**Alters Pain Signals**

**Tissue Ischemia**

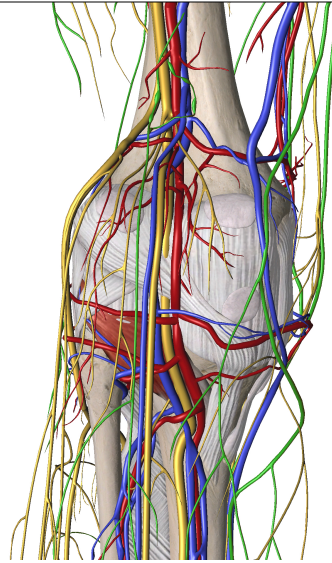
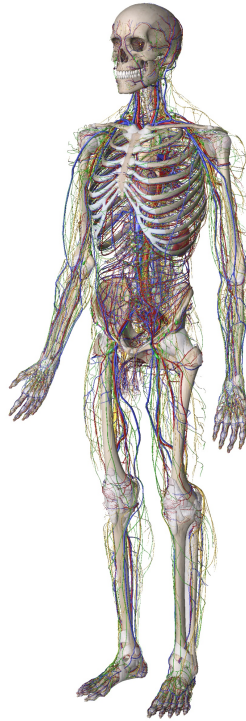
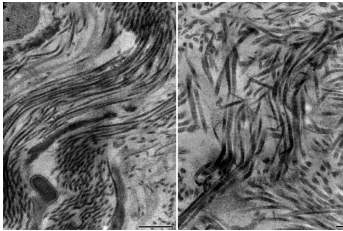
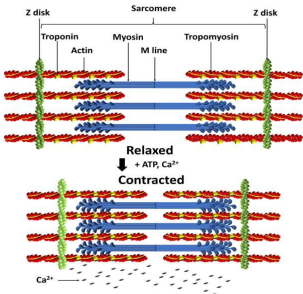
**Is that all we want to accomplish clinically?**

Butt.....

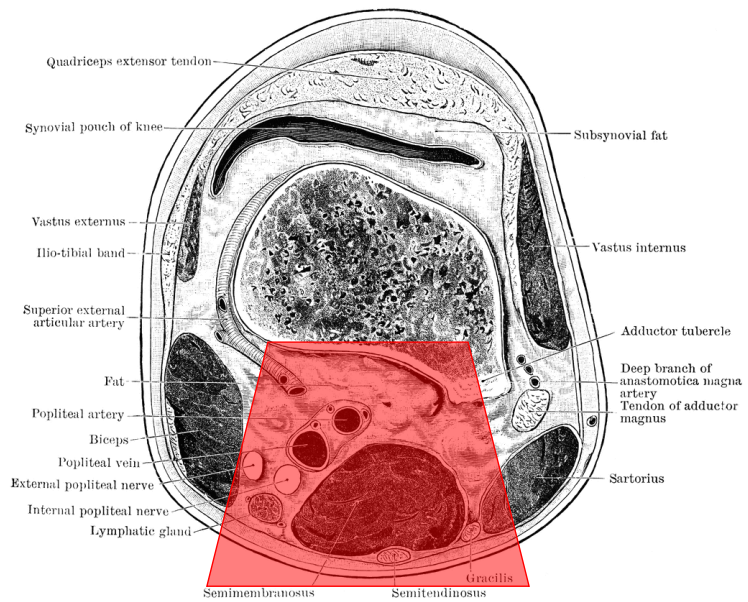
1. *Alter Pain Signaling* **20%**
2. *Tissue ischemia*
3. Tissue perfusion
- O2 rich blood in
  - Capillary perfusion
4. Sliding gliding
- Actin/myosin
  - Tissue interfaces
5. Waste clearance
- Co2/biproduct rich blood out
  - Lymph/exudate out
6. Collagen fiber alignment/organization
7. Motor Unit Activation
8. Motor Unit Relaxation
9. Tissue Desensitization
10. Decreased Fear Response

How do we make up the difference?

# Everything



When you apply pressure to the popliteus, what are you really applying pressure to?





**MOVEMENT IS  
MEDICINE.**

**MOTION  
IS  
LOTION**

## Tissue “Loading” options

### Compression

- ART, PRT, Massage, Myofascial release
- Trigger point work (LAX ball, FR, Hypervolt)
- Occlusion

### Negative pressure / distraction

- Cupping
- Rolwing
- Tissue shearing
- Pinch and lift
- Brachiation

### Sliding/gliding

- Intramuscular
- Intersegment
- Isolated ROM (active, passive, assisted, resisted)
- Mobility work (active, passive, assisted, resisted)

### Perfusion

- Movement
- Occlusion

### Vibration

- Through the palm/sole
- Direct to tissue
- Hypervolt
- K3

# What percentage of your Tissue Quality work is taking place on the table (Supine, Prone)?

If it is more than 50%, you are suffering from CRI....



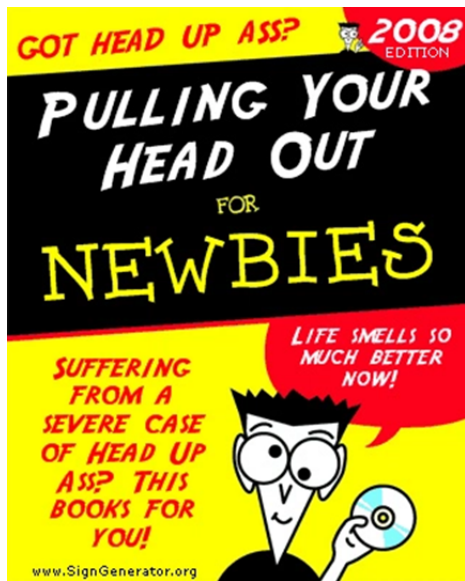
I'm afraid I have some bad news.  
You have a terminal  
case of Rectal-Cranial  
Inversion.



your  cards  
someecards.com



"I'M AFRAID YOUR WIFE IS CORRECT...  
YOUR HEAD IS UP YOUR ASS."



# The Solution: Simple, not Easy

**CRITICAL THINKING:** The analysis of facts to form a judgement.

First, "Am I happy with the quality of this tissue, and with what I've done so far?"

**CREATIVE THINKING:** The ability to consider something in a new way; to consider a new perspective or a different angle.

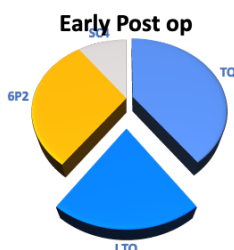
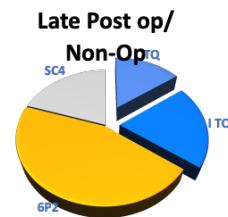
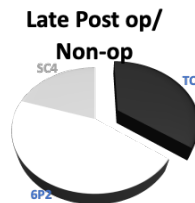
If the answer is yes, "What can I do better or differently?"

If the answer is no, "What should I do differently?"

**Stupidity:** Doing the same things over and over expecting different results.

## The Holman Charts redo:

	Tq	Itq	6P2	SC4
Early	60	(30/30)	30	10
Late	35	(15/20)	35	30



**You MUST get them off the table!**



## To receive CEU's step 1: quiz

- Follow this link using your camera app to take the quiz
- Enter your Name if you want to get a certificate AND the CEU's



## To receive CEU's step 2: eval

- Follow this link using your camera app to give your input on how epic or horrible this was
- ANONYMOUS







Sports  
Medicine

How can we help?  
Contact us:

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