

CasePerformance

May Newsletter Part I



CasePerformance

“For Sport, For Life”

www.caseperformance.com

In Part I of this month's newsletter....

I. Leading Off	2
II. Community Member of the Month Interview: Jay Bell.....	3
III. Community Member Discussion: “Mushrooms – Putting the Fun in Fungus” by Alex Leaf	9
IV. Meets/Events.....	12

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Hello,

I hope that the month of May has treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. A Look at This Month's Newsletter

In Part I of the May Newsletter, we kick things off with our CP Community Member of the Month interview with Jay Bell, LMT. In it, Jay shares with us how got involved in massage therapy, various techniques as well as goals of pre/post-workout massages. Additionally, he shares a very important principle that many individuals often forget (or never consider in the first place) - *“Pain is not where the problem is, but rather where it shows up.”*

Following our interview, we get to our CP Community Member Discussion where Alex Leaf shares with us his article, *Mushrooms – Putting the Fun in Fungus*. In it, Alex discusses the interesting world of the mushroom and how it can be truly magical outside of its psychedelic reputation.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

Sean Casey

CasePerformance

“For Sport, For Life”

www.caseperformance.com

III. Community Member of the Month...



In this CasePerformance Community Interview we have the privilege of talking recovery and injury rehab with massage therapist Jay Bell. Since becoming a massage therapist, Jay has worked alongside a variety of chiropractors and physical performance coaches. His quest for knowledge and skill development has led to a vast array of tools in his toolbox. In fact, Phil Stevens has described him as his "[favorite recovery technique](#)" simply because he's versed in so many modalities. Fortunately for us, he's willing to share some of them with us here today...

Jay, on behalf of the readers, I want to thank you for taking time out of your busy schedule to join us. It's a true honor to have you with us today.

Thanks so much for having me, Sean.

First off, what led you to enter the field of massage therapy?

It was a series of things. First, I had done IT (Information Technology) for years and it really wrecked my body. I had a bad forward head posture as well as a lot of tension

CasePerformance

“For Sport, For Life”

www.caseperformance.com

through my shoulders and spine. As a result, I became interested in methods that could help alleviate the problems that I had acquired over the years. My intro to soft tissue therapy was working with a local Chiropractor who was certified in Graston and Active Release Techniques. In a very short amount of time, my own issues had greatly improved, I was hooked and decided to pursue a career in the profession.

Although you work with individuals of all backgrounds, I know you've carved a nice niche working with a variety of athletic/active populations. When first entering the field, did you intend to work with this group or did it happen more by chance?

It was very much by chance. In all truth, I had planned *not* to work on athletes. Originally, I wanted to work with the every-day Joe/Jane that gets out of bed and was in pain as they seemed to be left out of the mix. There were already plenty of people working with athletes.

Now that we know a little bit more about your background, let's shift gears and pick your brain a little...

That never ends well...

As Phil Stevens [mentioned](#), you use a vast array of massage techniques and modalities. Could you briefly share with us a few of them and when/how/why they're effective?

Sure.

Originally while I was in massage school, I studied Neuromuscular Therapy (NMT). It was one of the best decisions I had made, as it brought massage principles into current work and research. NMT focuses on removing ischemia from areas of the body. That is, areas of the body that have residual tension that restrict blood flow and removal of metabolic waste. It also works heavily with trigger points, which can be a large factor in pain after trauma or compensation in the body.

After graduating, I studied Myoskeletal Alignment Techniques which took how I looked at the body to the next level. MAT is a system developed by Erik Dalton that works with Direct Myofascial Release and principles of soft tissue Osteopathy.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Individuals will refer to getting a sports massage either pre/post competition. What are the goals for these massages?



Pre-Event work is about waking the body up and stimulating. Getting blood moving, while paying attention not to remove too much tonus from the body. Also, to release restrictions from the joints and get things lubricated and moving well.

Post-Event is about healing and stimulating the body's systems that aid the process. Helping to flush the body of metabolic waste, aiding in venous blood flow back to the heart, as well as “squeezing” tissue to remove what is left over. All of these things increase blood to the tissues that have been worked heavily, which all aid in healing.

Will everyone benefit from a pre or post event massage?

It depends who you ask. Generally, yes. Many swear that post event massage has no benefit. When you look at the topic further, the research that was done used very different parameters than the research that proved it to be true. There are particular time stamps that need to be followed for pre and post event to be most effective. For those looking for greater discussion on this topic, I encourage you to check out [this article](#).

I often see massage chairs set up at events and they're doing nothing but removing tonus from the athlete's tissues. This isn't good. Too much of releasing techniques will make it very difficult for the athlete to fire appropriately during the event. Techniques should be brisk and stimulating for pre-event work.

So to answer the original question, yes, everyone could benefit from both.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

In general, most people do not turn to massage (at least not a performance orientated massage) until they're already experiencing pain. More often than not, they feel that the source of the pain is that particular structure. However this may or may not be the case. Can you share some examples of how pain in one region may actually be related to tightness in another location?

The hamstrings are a great example of this. Often, people complain of, “short and tight” hamstrings. They stretch often and cannot seem to get past the tight, locked feeling in the hamstrings. This can be seen as a stability problem. If the body feels that there is not enough stability to the core, the hamstrings are given a new task...tighten to create extra structure.

“Pain is not where the problem necessarily is, but rather where it shows up.”

Shoulders are another great example. Often, shoulder pain has nothing to do with a direct problem with the shoulder itself. Problems with thoracic rotation and extension can show themselves in shoulder issues. If you think about it as a rope that gets tugged in one direction, the whole of the rope gets changed and the focal point of the rope increases tension and load. Pain is not where the problem necessarily is, but rather where it shows up.

Do you ever see situations where pain in one of the upper body limbs is related to tightness in a lower body limb? If so, how can this be considering they're so far apart?

Building a bit off my last answer, everything is connected; this is often the case with shoulder pain. If there is a restriction, for example, in the opposite hip, that restriction can have a far reaching effect.

What role do you feel stretching plays during the post injury recovery process?

Increase in blood flow. Even though it's commonplace for people to throw out the wondered effects of post-work stretching, especially static forms of stretching, beyond joint lubrication and helping blood flow, I'm not convinced.

I know foam rolling, massage sticks, and similar "self massage" devices can be a source of debate amongst many physical preparation coaches and rehab

CasePerformance

“For Sport, For Life”

www.caseperformance.com

specialists. Some love them, others hate them. Some say they're used way too much, others not enough. What's your thoughts and recommendations on this topic?

I love them and I recommend that everyone...I mean *everyone* that is active to use self-massage both pre and post workout. Rolling before training helps to get the kinks out of the body that could prevent you from performing well. Rolling afterwards helps to get the kinks out that you managed to pick up during training.

But for God's sake, stay off the [IT band](#). You're doing nothing.

What? Don't foam roll the IT band? Any other common “rolling mistakes”?

Every athletic event that I've attended, I see the same thing. People grab a foam roller and go after their IT Band - A structure that is supposed to be tight and helps in supporting the knee. What's their goal? What do they truly think they are accomplishing?

“Worse yet, when someone goes to any type of manual therapist...”

Generally speaking, many individuals make the error of foam rolling something to death simply because they feel pain in the area. Worse yet, when someone goes to any type of manual therapist, the general protocol is to "work on the part that hurts." Doing this usually results in one of two things:

- A) Making a sore area even sorer
- B) Providing very temporary relief.

A lot of assessment has to happen to find out exactly why "X" is taking the brunt of things. As I mentioned earlier, pain is where the problem ends up, not necessarily where the problem actually is (on the body). This is an important distinction that one needs to realize - I can't stress it enough.

Regarding massage in general, does it matter if you massage a muscle from proximal to distal or distal to proximal?

(**Note to readers** - distal refers to something farther away from one's torso. Proximal refers to something closer to the torso. As an example, the ankle is distal to the knee. The elbow is proximal to the wrist.)

CasePerformance

“For Sport, For Life”

www.caseperformance.com

I had always learned distal to proximal, towards the heart. Years later, reading research and texts of people much smarter than I, I understood why. It's always a good thing to help the heart out in its very hectic job function.

Does it matter if someone massages their muscles “with the grain” (i.e. - in line with orientation of their muscle fibers) or “against the grain”?

It depends on the result you're looking for. To remove tension from a muscle, working along the fiber direction is usually preferred. If you're looking to break up adhesions, scar tissue or create a controlled inflammation, across the fiber is often used.

Are there any other practical tips that you can give active individuals regarding massage that they can apply in their own life.

Do it. If you can't get to a therapist, get a good foam rolling/self myofascial DVD and do the work at home. In my opinion, bias aside, this is still one thing that everyone needs and not enough are doing.

For those looking to learn more about massage and/or the "connectivity" of the human body, is there any resources you'd recommend?

Step 1: Read “Anatomy Trains”, by Thom Myers.

Step 2: Read it again.

Step 3: Read anything you can get your hands on by Pavel Tsatsouline and Gray Cook.

For those interested in working directly with you, where can you be found/reached?

Anyone can get a hold of me at jbelle@arizonabodywellness.com , follow me on Twitter @AZBWellness or circle me on Google+ at +ArizonaBodyWellnessChandler.

Once again, on behalf of the CasePerformance Community, I would like to thank you for taking time out of your busy day and joining us.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

III. Community Member Performance Discussion

This month's community member performance discussion comes to us from [Alex Leaf](#). After receiving numerous rave reviews on his last “foodie” article [The Humble Spud](#), I twisted his arm and convinced him to drop another one our way; this time looking at the health benefits of mushrooms.

Mushrooms - Putting the Fun in Fungus

By Alex Leaf

Have you ever seen a book on mushrooms? If it speaks to the diversity of these fungi, I can guarantee you one thing - it will be freaking huge. Oh, and in case you didn't know, mushrooms are fungi, not plants. Also not all mushrooms are edible. Additionally, some of the ones you can eat are extremely rare, expensive, or exist only in over-priced supplements. So let's stay economical and keep focused on the 'shrooms that you are [most likely to come across in your dining experiences](#) – *agaricus bisporus*, shiitake, and oyster.



Figure 1. Immature *agaricus bisporus* mushrooms¹

Before we get going on that, however, let's take a step back and look at mushrooms in general. Basically, mushrooms are just [fungus bundles of protein and fiber](#). The protein is typical of plant-based proteins and [nothing special](#), but part of the fiber content is a compound called chitin that exists in the mushroom cell walls. Chitin is the stuff that crustacean shells are made from, and may act as [cell-signaling compounds](#) that help mediate inflammation and interact with the nervous, immune, and endocrine systems. It also [enhances the effects of topical anti-aging compounds](#) (face creams); so if you ever find a stubborn wrinkle just rub some mushroom on it next time you apply your skin care product.

All mushrooms are an [excellent source of vitamin D](#), provided they have been exposed to sunlight or ultraviolet radiation. Keep in mind that this is vitamin D2, which is different than the more biologically active vitamin D3 we naturally synthesize. Although, some mushroom varieties, such as the shiitake, take it a step further to produce vitamin D3, albeit in minor amounts. Interestingly, [all mushrooms also produce vitamin D4](#). I didn't

CasePerformance

“For Sport, For Life”

www.caseperformance.com

even know there was a D4 [**Editor’s Note** – me neither!]. Apparently it is metabolized similarly to D3. Go figure. That said, I still think getting some natural sunlight to synthesize your own vitamin D3 is the best option.



Figure 2. The Famous Portebella²

Anyways, the most common mushrooms are the *Agaricus bisporus* which are also called white, button, table, brown, Italian, and crimini mushrooms when immature and depending on color (white vs. brown). When they mature they are called the Portabella mushroom. These guys have been associated with a reduced risk of breast cancer in both pre- and postmenopausal women. [A meta-analysis demonstrated](#) that eating a piddly 1g per day reduced the risk of breast cancer by 3%, and eating a half ounce (14g) dropped the risk by 20%. Eating white button mushrooms also [increases the diversity of the microbiome](#), reduces potentially pathogenic bacteria in the GI tract, and decreases inflammation and the severity of colitis following purposeful infection. If that isn’t enough, white mushroom consumption has also been shown to [boost innate immunity](#) through enhanced natural killer cell activity. These are the guys that spontaneously kill pathogen-infected and tumor cells, by the way. Finally, they also [protect against fatty liver](#) and subsequent injury from poor dietary choices.



Figure 3. Shiitake mushroom.³

The next mushroom on the list is the shiitake, which [attenuates weight gain in rodents](#) on an obesogenic diet and reduces plasma triglycerides in a dose-response manner (i.e. more is better). Not too shabby until you consider that this is likely due to an [increased uptake of fat by the liver](#) rather than the fat tissue. So unless you want some non-alcoholic fatty liver disease with your reduced weight-gain, best to eat some button mushrooms with the shiitakes. Or better yet, just don’t eat the chips and soda that lead to the weight-gain in the first place! Either way, be sure to chew the shiitakes thoroughly because they are [incredible for dental health](#). They reduce pathogenic oral bacteria concentrations, protect against tooth demineralization, inhibit gingivitis bacteria, and are as effective as Listerine mouthwash.

CasePerformance

“For Sport, For Life”

www.caseperformance.com



Oyster mushrooms are last on the list and extremely popular in Asian cuisine. Similar to the shiitake, oyster mushrooms [reduce weight-gain](#) in rats on a hypercholesterolemic diet, as well as reduce total cholesterol, triglycerides, and LDL-C. There were no adverse effects, and it appears that consuming the mushroom increased fecal excretion of fat and cholesterol. That beats a fatty liver for sure! Although, too much fat in the poop will give you diarrhea, so best not go overboard. Or better yet (again), stop eating the junk food that got you the health complications to begin with. Also, oyster mushrooms [possess anti-inflammatory activity](#) through a variety of parameters similar to NSAIDs such as the beloved ibuprofen. So next time you consider popping a pill, eat an oyster mushroom.

Finally, something I have personally wanted to look into is the purported cancerous effects of consuming raw mushrooms. Apparently, edible mushrooms do contain [significant amounts of carcinogens](#), but only when raw; cooking destroys the compounds. Also, these compounds [may exert anti-cancerous effects](#) as well. So what to believe? I mean I eat my mushrooms raw all the time and would prefer not, you know, get cancer. Fortunately, [a mini-review of this topic](#) concludes that there is no toxicological risk and that most of the experimental designs are flawed. All the while, [other reviews](#) continue to demonstrate the anti-cancerous effects of edible mushrooms. So it's confirmed, we may eat our portabellas in peace!!!

Image References

1. böhringer friedrich. 28 December 2009. This file is licensed under the Creative Commons Attribution-Share Alike 2.5 Generic license. Accessed May 30, 2014 from: http://en.wikipedia.org/wiki/File:Agaricus_bisporus_Zuchtchampignon2.jpg

2. Leif K-Brooks. Portobello mushrooms in the Brattleboro Food Co-Op. This file is licensed under the Creative Commons Attribution-Share Alike 3.0 Unported license. Taken on 2005-08-21. Accessed May 30, 2014 from: http://en.wikipedia.org/wiki/File:Portobello_mushrooms.jpg

3. Robin. Shiitake mushrooms. 14 April 2011 This file is licensed under the Creative Commons Attribution-Share Alike 2.0 Generic license. Accessed May 30, 2014 from: http://commons.wikimedia.org/wiki/File:Shiitake_mushrooms_1.jpg

4. Yellow oyster mushroom. This file is licensed under the Creative Commons Attribution-Share Alike 2.0 Generic license. Accessed May 30, 2014 from: http://commons.wikimedia.org/wiki/File:Pleurotus_citrinopileatus_2.jpg

CasePerformance

“For Sport, For Life”

www.caseperformance.com

IV. Meets/Events

I have been notified of a couple upcoming events that those in the CP community may enjoy participating in...

Strength Sport Events

2014 USSF Nebraska State Powerlifting Championship

What: A one day powerlifting event.

Where: Omaha, Nebraska, USA

When: June 7th, 2014

Prize money: A cash prize will be given out dependent upon number of participants

For more information [CLICK HERE](#)

2014 Cowboy State Strongman Classic CSSC

What: A one day strongman/woman competition. Events include Zercher log squat (for reps), truck pull, heads up KEG relay, Circus dumbbell (1 rep max)

Where: Laramie, Wyoming, USA

When: June 28th, 2014

For more information [CLICK HERE](#)

2014 USSF Missouri State Powerlifting Championship

What: A two day strength sport event.

Where: Peters, Missouri, USA

CasePerformance

“For Sport, For Life”

www.caseperformance.com

When: Powerlifting - July 12, 2014; Weightlifting – July 13th, 2014

For more information [CLICK HERE](#)

2014 UPA Iron Battle on the Mississippi

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

When: July 19th-20th, 2014

For more information [CLICK HERE](#)

2nd Annual Strength Guild Games

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day chosen randomly each year by rolling dice. The events are compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports. The team with the most points at the end of the competition wins!

Where: Topeka, Kansas, USA

When: Oct 4-5th, 2014

Prize money: A cash prize as well as other prizes will be given out

For more information [CLICK HERE](#)

2014 UPA Power Weekend

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

CasePerformance

“For Sport, For Life”

www.caseperformance.com

When: Nov 15-16th, 2014

For more information [CLICK HERE](#)

Endurance Sport Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE!](#)

*** Please know that CasePerformance does **NOT** receive any financial or other incentives if you choose to participate in any of the above events.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsletter where we share news of note at the CasePerformance Website before touching on the CP Performance Discussion, *Tennis Elbow Rehab*.

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)