

**ASSE Hawkeye Chapter**

**Technical Meeting Minutes**

|  |  |  |
| --- | --- | --- |
| **Date** | **Time** | **Location** |
| Monday, December 7, 2015 | 12:00 pm | Iowa Municipal Utilities Building (IAMU) 1735 NE 70th Ave Ankeny, IA 50021-9353 |

|  |  |  |
| --- | --- | --- |
| **General Meeting Information** |  |  |
| **Meeting Called to Order** | By Charles Winans, President | at 12:00 pm |
| **Attendance** | Charles Winans (President)Eric McAtee (Secretary)Justin Slapnicka (Treasurer)Josh O'Brien (Membership)Scott Smith (Historian) | Joe Korpi (Vice President)Josh Jacobson (Student Liaison)Duane Otto (Govt Affairs)Mike Bohnenkamp (Delegate) (28 members & guests in attendance) |

|  |  |
| --- | --- |
| **Opening Announcements** |  |
| **Announcements / Executive Board Comments** | * Charles W. welcomed the 28 members in attendance
* Charles covered the Hawkeye website
* New members recognized
* Milestones recognized
* Chapter by-laws update reflecting areas within the region.
	+ Posted Nov 3, 2015
	+ Changes covered by Charles
* Ballots given out and collected back
 |

|  |  |
| --- | --- |
| **Presenter Information** |  |
| **Name of Presenter** | Dr. Brock Vosberg |
| **Presentation Topic** | Stretch and Flex |
| **Presentation Notes** |
| * Soft Tissue: Fascia
	+ Connective tissue throughout the body
	+ Layer between muscle and skin
	+ Comprised of dense amounts of pain receptors (nociceptors)
* Fascia
	+ Can become sticky in areas of dysfunction i.e. poor posture, trauma, hypoxic
	+ Sticky area prevent / limit ROM leading to injuries.
* The cumulative injury cycle
	+ Weak and tight muscles ---> friction, pressure, tension-🡪 decreased circulation, swelling (edema), and decreased oxygen(hypoxia)-🡪adhesion-fibrosis (scar tissue)
* Upper Crossed Syndrome
* Functional screens: Top to Botttom

Why functional screens* Breathing
	+ Chest vs diaphragm
* TX: 90/90
	+ Hips at 90 degrees
	+ Legs at 90 degrees
* Lower crossed syndrome
* Squat flaws: forward lean
	+ Tight hip flexors, calves,
* Deep Squat Corrections
	+ Hip hinge, hip hing, hip hinge!!
	+ Tri-planar hip flexor stretch
	+ Calf stretch
	+ External hip rotator strectch foam roll thoracic spine
* Change neuroligic
* 6” step down
 |

|  |  |
| --- | --- |
| **Closing Information** |  |
| **Next Technical Meeting** | Jan 11, 2016 IAMU – Ergonomics |
| **Meeting Adjournment** | By Charles Winans at 1:00 pm *(after motion by Charles W., second by Joe Korpi, and unanimous approval by all members)* |
| **Minutes Taken By** | Eric McAtee, Secretary |