

**ASSE Hawkeye Chapter**

**Technical Meeting Minutes**

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

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| **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) |

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| **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 |

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| **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 | |

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| **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 |