

# Services

## Myofascial Release

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

The use of Myofascial Release allows us to look at each patient as a unique individual. Our one-on-one therapy sessions are hands-on treatments during which we use a variety of Myofascial Release techniques and movement therapy techniques. We will educate you in proper body mechanics and movement, self-treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness.

### Hands-On Treatment

Each Myofascial Release Treatment session is performed directly on skin without oils or creams. This enables us to accurately feel for fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia without sliding on the skin. Therefore, we ask that you come prepared yourself by not putting lotions or oils on before you come to treatment.

### What is Fascia

Fascia consists of the connective tissue of the body that has an appearance like a spider's web or a sweater. Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all our internal organs including the heart, lungs, brain and spinal cord. It is a continuous structure that exists from head to toe without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.

Trauma, inflammatory responses, and/or surgical procedures and habitual postures can create Myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures. Please note that fascial restrictions do not show up in many of the standard tests (x-rays, myelograms, CAT scans, electromyography, etc.) A high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but are not diagnosed because "nothing has showed on up on any scans"

Below is an example we use to demonstrate what the fascial system looks like in our bodies, and how we may be having pain or symptoms in one place of the body, but the fascial pull or "cause" may be elsewhere.

This patient could be having symptoms like neck pain, back pain, hip pain etc. Myofascial Release allows us to feel for these restrictions to help to find the cause.

### What to expect

Please come comfortably dressed in shorts and tank top or bra. This allows us to be able to perform the techniques directly on the skin. MFR utilizes sustained release with a variety of techniques. Patients will often describe feeling the body soften and may even describe a sensation of pulsing, heat, or the tissue stretching. The techniques are never forced. In fact, the releases are performed in such a way that we are working "with the body" without forcing the system.

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