



What is Myofascial Release? MFR is a relatively new therapy, which is fast gaining recognition as the missing link in bodywork therapy. It is a safe, gentle and effective therapy; for many patients who have “tried everything” MFR can provide a very welcome relief from pain, discomfort and immobility. MFR treats injury at its source allowing the patient to heal at the deepest level. It is a hands on, full body treatment, no oil is used and sustained pressure is applied for a minimum of 90-120 seconds, this allows the trained therapist to feel through and facilitate the release of restrictions within the fascial network.

What is fascia? Is a strong connective tissue than runs like a 3D web throughout our entire body, from head to toe. Fascia surrounds blood and lymph vessels infuses bones and organs and protects every other tissue in the body, in healthy patients the fascia is relaxed, providing a cushioning, supportive mechanism, allows us to move safely without restriction or pain.

Why has fascia been ignored for so long? Historically scientific research has been done on cadavers (dead bodies) and it is impossible to see the connectedness of fascia, or to understand its importance as a full body system. The fascia was mostly ignored and cut out of the way, so scientists could look at the muscles, bones, organs etc. it is only since the invention of the endoscope that scientists have been able to see the importance of fascia. For amazing images of living fascia see: Dr. Jean Claude Guimberteau on YouTube

What causes restrictions within fascia? Physical and emotional trauma, poor posture and surgical procedures all scar and harden fascia in the affected area and along tension lines imposed on it. This causes the fascial network to loose its cushioning mechanism, and internal structures are pulled out of alignment. One restriction may lead to another. Fascial restriction do not show up on CAT scans or MRI scans, therefore many patients are suffering unresolved physical and emotional pain due to undiagnosed physical trauma. Conditions are a label for a symptom or group of symptoms. Allopathic healthcare treats the symptom, whereas MFR treats the cause at its deepest level, looking beyond the symptom to the root cause. I aim to restore you to a pain free, active lifestyle.

How MFR works: MFR is an extremely effective therapy in the treatment of chronic injuries, pain and dysfunction. One restriction in the fascial network can lead to another, the job of the therapist is to peel off the layers and get to the root of the problem.

What the patient might feel: This varies enormously, some patients will feel very little going on, others might feel pins and needles type sensation, heat or cold running through their body, others will feel referred sensations to a totally different area of the body, which gives an indication of further restrictions. As the fascia is released it literally “unwinds”, this can cause movement of, or within the patient’s body. Sensations of “limbs getting longer” are not uncommon. If the patient is aware of changes within their body it is helpful to communicate these. This therapy is an art form, not only does the therapist take into consideration what they see in a postural assessment, but also works directly with what they feel and sense from palpating and treating the body. There is a physical and emotional component to this work. If a symptom is re-created this means a “release” is taking place.