

## MYOFASCIAL RELEASE HEALING THEORY

In the course of treating many different people, we have noticed some recurring patterns that we thought might be helpful to share with you. Although we encourage moving forward without expectations, we do understand that this might be a new experience for you. This will give you some awareness of “The Healing Process” so that it doesn’t seem so foreign, frustrating, or frightening . . . and can, instead, be interesting, stimulating, and effective. The time frame here is generalized. Everyone progresses at a different rate.

### IN THE BEGINNING: CHAOS AND GROWTH

You initially will be learning how to receive myofascial release in the way that is most effective for you — learning how to tune into your body and feel where it is restricted. We learn to recognize our subconscious holding patterns and habits. Equally important as our awareness of where we’re “stuck” is learning what it feels like as these restrictions release. We learn the value of tuning in and listening to our bodies.

You may tend to feel “stirred up.” You might be feeling anything from “absolutely great” to “a little bit worse” to “an absolute flare-up” of your symptoms. This “flare-up” is called the healing crisis. In other words, you may get a little worse before you get better! This is still progress.

**Remember: CHAOS AND GROWTH GO HAND IN HAND.**

### MID TREATMENT: UPS AND DOWNS

You may feel what many experience as a “rollercoaster” or “zig-zag” type of effect. Some feel as though for every two steps forward, they take one step backward. This can be frustrating. Healing tends to occur in quantum shifts rather than in a smooth linear progression as we unravel through our layers of restriction. Feel all of your feelings fully and be willing to ride the “rollercoaster.”

**Remember: ENJOY THE RIDE**

### TOWARD THE END:

#### PUTTING IT ALL TOGETHER

This is when people generally experience substantial improvement and integration of the changes which have occurred during several weeks of treatment . . . “putting all the pieces together”.

This is where we see more integrated, lasting, permanent results. You may begin to feel changes in your body as you go about your day. Slowly you will integrate these changes into your everyday routine and activities.

### DISCHARGE: A WORK IN PROGRESS

Now you’ve graduated. Be patient with yourself. If your body flares up remember it’s wanting your attention or bringing you a message. Quiet yourself, do your Myofascial Freedom program, and most of all listen to your body.

**Remember: YOU ARE A WORK IN PROGRESS . . .**

**PROCEED PATIENTLY**

### FOLLOW-UP: DISCOVERING YOUR POTENTIAL

Follow-up is necessary in order to continue to release the next few layers of restrictions and to take the next step toward healing. Remember that habits and “holding patterns” require repetition to overcome. We have dynamic bodies and live in a dynamic world. It’s a good idea to participate in a Follow-up Program as needed for support, rejuvenation, and to continue toward your new and enhanced goals. Our goal is to help you help yourself return to a painfree, active lifestyle, and to discover your potential.

**Remember: GROWTH IS THE GOAL . . .**

**NOT RETURNING TO SOME EARLIER STATE OF COMFORT.**

**YOUR POTENTIAL IS UNLIMITED!**