

## Myo...What? Myofascial Release!!

Myofascial Release is a safe and effective form of body work presently being offered as the primary treatment modality at **Myo-Therapies** Myofascial Treatment Centre and Massage.

Fascia is a tough connective tissue which exists and spreads throughout the body in a 3 dimensional Spiderweb like fashion enveloping every structure in the body. Every artery, nerve, vein, lymphatic vessel, muscle fibre, bone and organ is surrounded with Fascia from head to toe without interruption.

It is important to understand how this complete physiological system interpenetrates our body in order to appreciate its profound effect on overall function(s). Fascia is responsible for our structural form and shape. How our Skeleton is positioned, how our muscles are shaped, and our overall body posture while in gravity, is determined by the fascial system. In a normal healthy state, Fascia remains pliable in its configuration and has the ability to stretch 3 dimensionally without restriction. Trauma, dehydration, infection and inflammation tend to compromise fascial integrity creating a binding down effect on the many layers of fascia resulting in excessive pressures being exerted upon our structural and functional components. Such pressures inevitably result in increased pain sensitivities. The fascial system has tensile properties capable of 2000lbs per square inch!

\*Unfortunately, present medical modalities and procedures such as X-Rays, CT Scans, MRI's and Electromyography are unable to determine problems of fascial origin. Many people suffering with headaches, acute and or chronic pain with associated loss of functional mobility may have undiagnosed fascial concerns.\*

Myofascial Release techniques are safe and usually begin with compression followed by decompression. Sustained pressure applied to the fascial system triggers therapeutic release on a 3 dimensional level. This necessary time release component creates the most optimal environment in the body for meaningful change to occur. Such changes have significant effects on long standing habitual bracing and holding patterns in the body which are often found to be responsible for our pain and dysfunction.

The staff at **Myo-Therapies** has obtained Myofascial training from various experts in the field. The in-depth approach as taught by John F. Barnes P.T. has proven to provide the most comprehensive means of treatment. To assist with treatment dynamics, multiple therapist sessions are offered to enhance the desired effects and outcomes. In addition to hands on treatment, self help programs are instructed and emphasized to assist with continued maintenance of desired results.

The staff at **Myo-Therapies** would be pleased to provide additional information to you and answer any questions you may have with respect to Myofascial Release and how it may help you restore a more pain reduced lifestyle. **Why wait?? Call today!! 249-4099.**

\*John F. Barnes P.T. - "What is Myofascial Release" ([www.myofascialrelease.com](http://www.myofascialrelease.com))