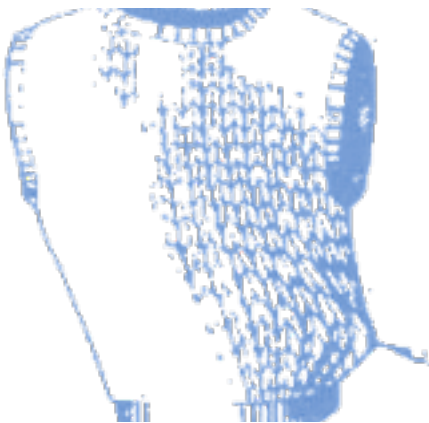


# MYOFASCIAL RELEASE

## What is 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. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

The use of Myofascial Release allows us to look at you as a unique individual. Our one-on-one therapy sessions are hands-on treatments during which our therapists use a multitude of Myofascial Release techniques and movement therapy. We promote independence through education in proper body mechanics and movement, self treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness.



## Fascia

Fascia is a specialized system of the body that has an appearance similar to 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 of our internal organs including the heart, lungs, brain and spinal cord. The most interesting aspect of the fascial system is that it is not just a system of separate coverings. It is actually one 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.

Imagine how you would feel with...

- Improved flexibility
  - Improved posture
  - Improved body awareness
  - Freedom of movement
-



Fascia also plays an important role in the support of our bodies, since it surrounds and attaches to all structures. These structures would not be able to provide the stability without the constant pull of the fascial system. In fact, our bones can be thought of as tent poles, which cannot support the structure without the constant support of the guide wires (or fascia) to keep an adequate amount of tension to allow the tent (or body) to remain upright with proper equilibrium.

When fascia cannot move freely it can cause discomfort in seemingly unrelated areas. Myofascial Release therapy looks beyond the symptoms for the cause of the pain.

Are you experiencing any of these symptoms?

Neck pain

Shoulder pain

Headaches

Pelvic floor pain

Back pain

Plantar fasciitis

Sciatica

TMJ syndrome

Scar tissue tightness

Carpal Tunnel syndrome

Emotional trauma

Myofascial tightness can cause pain and restriction of motion. Isn't it time to take the pressure off your system and restore pain free movement?

