

What is a Myofascial Release treatment? (MFR)

Myofascial Release is a safe hands-on, whole body approach that evaluates and treats the cause of your symptoms. The practitioner applies a variety of sustained pressures, in combination with stretch and motion to unravel tension and connective tissue restrictions in your body. Pressures range from heavy to light depending on your what your body needs.

How do tissue restrictions form?

Restrictions develop from trauma, car accidents, surgical scarring, falls, birth trauma, sports injuries, repetitive stress injury, poor posture, scar tissue, inflammatory reactions and life stressors. Restrictions in one area of the body can affect the whole body. These restrictions create pain and stiffness making it difficult for you to move and prohibiting you from doing those things you love to do.

What are the results?

MFR eliminates the restrictions, taking the pressure off of pain sensitive structures in your body. This eliminates your pain, restores healthy alignment and allows you to function with greater freedom and mobility

To get the best results possible, it helps if you:

- \* Have patience with yourself and the process. Think of your pain as a weed, pulling it up by the roots takes a bit more effort and time, but the end result is worth it.
- \* Are open to feeling your body as an interconnected unit, and can consider the possibility that pain in one area of your body can be caused by a problem in a different area.
- \* Recognize that our thoughts, memories and emotions are all closely linked with our bodies, and want to find out if yours might be increasing your pain.
- \* Want more out of Massage Therapy than just symptom relief. You want to feel good in your body, so you can achieve your life's purpose.

To get relief from the pain you need to:

- \* Understand and feel how the interconnectedness of your body can make a problem in one area cause pain in another area, and what to do with this information.
- \* Understand the cycle of trauma and how a trauma not attended to can cause pain months or even years later, and how to deal with those traumas in the present.
- \* Recognize how the ways you are using your body every day are contributing to your pain, and what to do to change that.
- \* Have practical tools that help you listen to your body when you have pain, and know what to do to help yourself.

Before any of this can happen, you need to feel heard! For some people safety comes from satisfying the intellect enough that it will allow them to consider the possibility that this could help them. For others, it is more of a gut feeling—knowing that your therapist has your best interests at heart.

Once you understand how your body, mind, emotions and spirit all work together, amazing things can happen! It truly feels like miracle work.

When we look at and listen to and honor the whole person. All we have to do is follow the body's cues. Nothing in our body works in isolation. Our body functions as a whole, an interactive network that includes the physical, intellectual, emotional, and energetic/spiritual aspects. Therefore, for true healing of the body to occur, it is necessary for treatment to be directed towards guiding the whole being towards healing and to not approach the body with the belief that it can be fragmented and treated as such.