

# What is Myofascial Release?

The John F Barnes' Myofascial Release approach is safe, gentle and consistently effective in producing positive and lasting results. Myofascial release is a hands-on technique which provides sustained pressure into myofascial restrictions to eliminate pain, headaches and to restore motion. The theory of myofascial release requires an understanding of the fascial system (or connective tissue).



Fascia is a tough connective tissue which spreads throughout the body in a three dimensional web from your head to your feet without interruption. Trauma or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, bones, and/or organs. Since all of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc. do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain, headaches, and/or lack of motion may be having fascial problems, but most go undiagnosed.

Fascia is a specialized system of the body which has an appearance similar to a spider's web or a sweater. Fascia is a very densely woven covering that interpenetrates every structure of our body. The fascial system is not just a system of separate coverings; it is actually one uninterrupted structure which exists from your head to your feet. In this way you can begin to see each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.

In the normal healthy state, the fascia is relaxed and wavy in configuration. It has the ability to stretch and move without restriction. When we experience physical trauma or inflammation, however, the fascia loses its flexibility. It becomes very tight, and can be a source of tension to the rest of the body. Trauma, such as a fall, whiplash, surgery or just habitual poor posture over time has a cumulative effect. The fascia can exert excessive pressure producing pain, headaches and or restriction of motion.

Myofascial release allows us to look at each patient as a unique individual. Our sessions include hands-on treatment during which we use a multitude of myofascial release techniques and movement therapy. The goal of myofascial release is to restore the individual's freedom so they may return to a pain free, active lifestyle.

