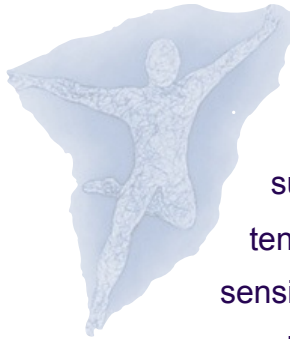




Are you someone who routinely stretches your physical limits through movement - sports, work, family care, daily living?

Schedule an appointment today to see how we can help you move more freely and live more dynamically!

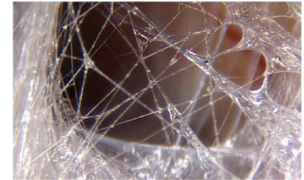


Fascia

Fascia is a web of connective tissue facilitating support, communication, and more. Trauma, inflammatory responses, and/or surgical procedures create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in many of the standard tests (x-rays, myelograms, CAT scans, electromyography, etc.).

Myofascial Release (MFR) Therapy

Myofascial Release Therapy 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.



Permission by J.C. Guimberteau
Fascia: A Liquid Crystalline Matrix

The use of Myofascial Release allows us to look at each patient as a unique individual. The application of myofascial techniques and movement therapy help to reduce the pressure of restrictions in the body helping the body to heal. We promote independence through education in proper body mechanics and movement, self treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness.

Each Myofascial Release treatment session is performed directly on skin without oils, creams or machinery. This enables the therapist to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia. ¹ Myofascial Release has profound effects and you are an active part of the journey.

¹ Adapted from information retrieved 9Sep2016 from <http://myofascialrelease.com/about/definition.aspx>



CLIENT ORIENTATION (MFR)

Welcome! As you initiate your therapy there are some things that will be beneficial for you to know.

1. You can access two separate excerpts from the Fireside Chat with John F. Barnes, PT DVD on 'You Tube'! Just click on the following links:

1.1. Myofascial Release Part 1 (Harty): <https://youtu.be/PWRuS9xAbMo>

1.2. Myofascial Release Part 2 (Harty): <https://youtu.be/W4QrvlwtBOU>

For additional video or written information, please see your therapist or visit the resource pages of John F. Barnes' Myofascial Release site: <http://myofascialrelease.com/resources/>

2. It is advised that you avoid eating heavily immediately before your treatment session.
3. It is best to work directly on the skin, so clients should bring comfortable clothing for treatment. Loose fitting, elastic waist shorts or swim trunks for men; loose fitting, elastic waist shorts and sports bra or two-piece swim suit for women. Please feel as comfortable as possible.
4. Increase your intake of water - pure, clear, and not flavored. This will help open up areas that have been restricted for a long time and help with any post treatment soreness that may develop.
5. Post treatment soreness can occur by the evening following the treatment session, often last into the next day, and is never injurious! In a small percentage of cases, soreness can last up to three days. The soreness following treatment may be in an area that was treated or in another area that is connected through fascial restriction. Home self treatment and increasing water intake may help to minimize the temporary discomfort you may feel following a session. It is important to give feedback to your therapist on any post treatment soreness that you experience so that they can address the associated areas that need to be treated. This "flareup" of pain, headache, or other symptoms is what is called a "healing crisis"... You may have to feel worse before you get better. Two steps forward, one back...ride the wave and you will zigzag toward a healthy, active life style.
6. Self treatment sessions are valuable to your healing process. You will be taught techniques to do at home and throughout your day. We recommend regular periods of self treatment each day. For self treatment sessions any clothing that is comfortable is appropriate.
7. We appreciate the value of everyone's time. Please allow extra time to arrive prior to your appointment so that we may keep as close to the schedule as possible.
8. Each treatment session will have a focus. Please write, verbalize, and visualize a goal that you are working towards achieving, to yourself and your therapist each time you come in for a session.