

Self care and stretching with JFB Myofascial Release Approach



There are activities you can do between sessions to continue to ease fascial restrictions and improve your movement and wellbeing. The activities in our days have an impact on us, but with some care, we can make a difference!

Our body is enmeshed with fascia which provides structural support and facilitates movement, transport, communication, and more. Trauma, illness, and stress impact the condition of our fascia. Over time, our choices, patterns, and experiences impact our health and well-being.

With Barnes' Myofascial Release approach, therapists can apply appropriate pressure for a length of time that allows clients to experience a safe therapeutic experience including:

- ~An electrical charge accumulates as pressure is applied to an area of the body (piezoelectricity)
- ~Natural anti-inflammatory, circulation-boosting, and immune-boosting compounds are produced after extended hold on an area (mechanotransduction - "mechanisms by which cells convert a mechanical stimulus into chemical activity"¹)
- ~Rehydration of the fluid component of fascia and release of the restriction of the fascial tissue allowing function and reducing pain; will include chaotic periods allowing change and growth

Some things to consider for your self-care:

- ~It is good to allow some time for yourself each day! Even a few minutes for relaxation, meditation, stretching, or other positive self-care is beneficial.
- ~Breathe deeply and easily
- ~Feel the sensations that you experience
- ~Be gentle with yourself - you do not have to figure things out, "fix" anything, or "do it all" in one session

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Using a soft, inflatable ball (~3-5") can add gentle pressure into the area you are targeting for relaxation and release.



Place the ball in an area that is tight or tender. Allow your body to relax and soften as you lean into/ onto the ball. Breathe and focus the pressure of the ball on the tender or tight area until the tenderness or tightness decreases. It is helpful to feel into the sensation and breathe. It is also helpful to imagine those areas softening, melting, or stretching while on the ball.

For smaller areas, try a smaller, soft ball (e.g. golf ball size is nice for the bottom of your feet).

Allow 5 minutes or more in an area to allow for releases. Notice how your body feels after the releases...

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For more information on MFR or adding self care activities to your routine, set up a session with **Martha L. Heise, LMT**



¹ "Glossary." Architecture of Human Living Fascia: the Extracellular Matrix and Cells Revealed through Endoscopy, by Jean-Claude Guimberteau and Colin Armstrong, Handspring Publishing, 2016, pp. xxi-xxii.

Some great self care resources are available, e.g.
Myofascial Release YouTube Channel (scan QR code)
Purchase Joyce Karnis' Comprehensive Myofascial Self Treatment book at <http://mfrselftreat.com>



Myofascial Release Therapist Directory
Barnes' trained MFR therapists near you



Myofascial Release YouTube Channel
MFR therapy information and self care aids