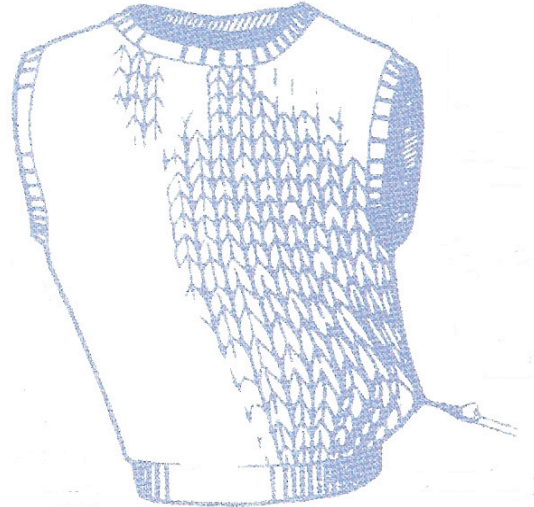


WHAT IS MYOFASCIAL RELEASE?

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

Fascia is a tough connective tissue that 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, osseous structures and 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. 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 that 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, much 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 habitually poor posture over time has a cumulative effect. The fascia can exert excessive pressure producing pain, headaches, and/or restriction of motion.

MFR allows us to look at each patient as a unique individual. Our therapy sessions are hands on treatments, during which a multitude of Myofascial Release techniques and movement therapies are combined. The ultimate goal of MFR therapy is to restore each individual's freedom, so that one may return to a pain free and active lifestyle.

For more information, please visit: www.issaquahmfr.com.



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RELEASE

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