



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, illness, and stress impact the condition of our fascia (the strong connective tissue web within our body) compromising body structures and functions and manifesting a variety of symptoms. Over time, our well-being and health are impacted further by our choices, patterns, and experiences.

We may experience pain, limited flexibility, or other challenges.

Myofascial Release (MFR) Therapy

JF Barnes' 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.

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 care instruction, enhanced strength, improved flexibility, and postural and movement awareness.¹

Myofascial Release Therapy can benefit all as we increase our consciousness, shift patterns, and experience authentic healing. Treatment programs can be individualized to meet your specific needs. Enjoy being active in your journey!

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



Permission by J.C. Guimberteau

Fascia: A Liquid Crystalline Matrix



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. The therapist typically works directly on the skin to feel restrictions and apply techniques to support fascial release. 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 care 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 care is valuable to your healing process. In self treatment sessions, you will be taught techniques to do at home and throughout your day. For self care sessions any clothing that is comfortable is appropriate.

A nice resource to help you with your self-care can be purchased online: [Comprehensive Myofascial Self Treatment - Joyce Karnis, PT \(book\)](#) If you are interested in self care videos and meditations to support your well-being, please ask us for more information.

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, or visualize a goal that you are working towards achieving, to yourself and your therapist each time you come in for a session.