

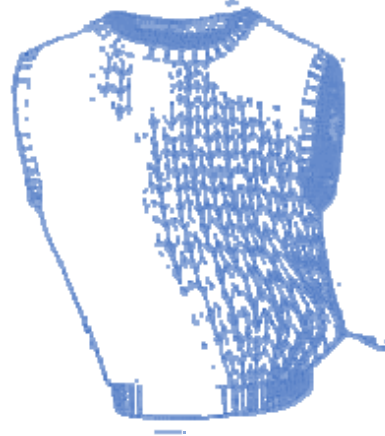
## What is Myofascial Release™

The John F. Barnes' Myofascial Release™ approach is safe, gentle and consistently effective in producing positive and lasting results. It is a hands-on technique which provides sustained pressure into myofascial restrictions to eliminate pain, headaches and to restore motion. This approach has been applied successfully by over 50,000 practitioners. Myofascial Release™ techniques are utilized in a wide range of settings and diagnoses; pain, movement restriction, spasm, spasticity, neurological dysfunction, i.e., cerebral palsy, head and birth injury, CVA's, scoliosis, menstrual and pelvic pain and dysfunction, headaches, temporomandibular pain and dysfunction, geriatrics, sports injuries, pediatrics, chronic fatigue syndrome, fibromyalgia, traumatic and surgical scarring, acute and chronic pain. The theory of Myofascial Release™ requires an understanding of the fascial system (or connective tissue).

Fascia is very densely woven tissue, covering and interpenetrating every muscle, bone, nerve, artery and vein as well as all of the internal organs and the central nervous system (brain and spinal cord). It is the tissue that holds all the other parts together. It gives shape to and supports all of the body's musculature. You can see fascia if you cut up a fresh chicken. It is the thin, sticky, somewhat filmy material that wraps around the muscle tissue. It wraps around muscle fibers, bundles of fibers, and the muscles themselves, and then goes on to form tendons and ligaments. In the myofascia there is a material called ground substance. This material can exist in a solid, semisolid, or fluid state. When ground substance changes from a liquid to a gel, the myofascia tightens, and it is difficult to get it to reverse to a liquid state again without intervention. Trauma, inflammation and chronic postural and/or emotional holding patterns can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since all of the standard tests such as x-rays, myelograms, CAT scans, electro-myography, 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.

We must be clear that medicine, modalities, muscle energy techniques, mobilization/ manipulation, massage and flexibility and exercise programs do not alter the powerful fascial restrictions that occur in a high percentage of our patients. These restrictions are only altered via Myofascial Release™.

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. MFR therapy sessions are hands-on treatments during which the practitioner uses 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.

## The Uniqueness of John Barnes Myofascial Release™

There are many forms of myofascial bodywork. Myofascial Release™, while incorporating the body of anatomical, medical, therapeutic, and spiritual knowledge that is currently available, is unique in its perspective and application. The practitioner is attuned to the strain patterns in the body and his/her touch is a soft patient touch that feels the characteristic of the myofascial tension and waits for and follows it in the way that is easily acceptable to the client yet very effective. Interestingly, it is the attuned lightness of the touch that allows for changes to occur deeply in the body. With more aggressive approaches the body may counteract a positive change with another holding pattern because the intervention has not been resonant with it. This is a reason why most therapeutic intervention doesn't entirely resolve the body's imbalances. Every body is different and the practitioner doesn't work with protocols, treatment plans, or programs. Usually the cause of the pain is not where the pain is and any diagnosis is of limited value in guiding a successful resolution.

With Myofascial Release™ we will often see a spontaneous unwinding of tensions that have been held in the body from long ago traumas. The practitioner feels and watches the body in order to sense where the body wants to go. It is a matter of attunement, sensitivity, and presence to create the space and the encouragement for the body to let go in the way it inherently wants to. Due to interconnectedness of the fascia throughout the body the release of the tension will have a cascading healing effect throughout the body. Muscle tension lets go, vertebral fixations and attendant nerve interference are lessened, the pelvic and abdominal diaphragms and the craniosacral system release and balance, posture normalizes in gravity and musculoskeletal function is restored, blood and lymph circulation become more free, nervous system function is improved. Emotional issues are worked through, the hormonal system balances, and the very microscopic environment of individual cells becomes a healthier habitat. This leads to the resolution of pains and disabilities in a holistic and apparent magical manner. For further information visit [www.myofascialrelease.com](http://www.myofascialrelease.com).