

Myofascial Tissue Release

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What is Myofascial Tissue Release (MFR)?

MFR is a specialised physical and manual therapy used for the effective treatment and rehabilitation of soft tissue, fascial tension and restrictions.

Myofascial (pronounced Myo fashal) is connective tissue, a 3D continuous web of elastin and collagen fibres surrounded by a viscous fluid called the ground substance. These two fibre types allow it to be very strong yet have a high degree of flexibility. Fascia surrounds every other tissue, tendon, muscle, bone, ligament and organ of the body. In healthy conditions the fascial system is relaxed and wavy in configuration, providing a cushioning and supportive mechanism allowing us to move safely without restriction or pain.

Following all physical and emotional trauma, and through poor posture, fascia scars and hardens in the affected site and along the tension lines imposed on it. This causes the fascial network to lose its cushioning mechanism and internal structures become pulled out of alignment. This in turn creates an abnormal pressure, crushing nerves, blood and lymphatic vessels and further creating tension on adjacent, pain-sensitive, structures and those along the fascial pull. Fascial restrictions do not show up on CAT scans, MRI's or X-Rays therefore many patients are suffering unresolved physical and emotional pain, due to undiagnosed fascial trauma. MFR uses a whole body approach to treat the cause of pain at the deepest level.

- Myofascial Release Therapy is a specialised physical therapy that affects and releases the restrictions within the fascial network.
- The therapy is an art form. The MFR therapist not only takes in to consideration what they see in the patient's postural assessment, but works directly with what they feel and sense from palpating and treating the body.
- Even though the patient may not feel much happening, the experienced therapist can actually feel the fascial restrictions, where they go to and subsequently feel the release of those restrictions during the session.

Following a treatment, stretching exercises to target particular areas may also be given to aid healing. Methods to enhance relaxation and improve the body's balance may also be used, such as visualisation and meditation techniques.

Conditions that can benefit from treatment

- Non specific back pain – lower back ache, neck/shoulder tension, frozen shoulder, injury, whiplash, general muscular soreness, poor flexibility/mobility of shoulders/neck.
- Injury from work related problems – repetitive strain injury, carpal tunnel syndrome, poor posture, reduced mobility and flexibility.
- Sport injuries such as sprains, strains, cramps, swellings, torn muscles, tendonitis, tenosynovitis, ligament problems leading to reduced performance.
- Medical conditions – headaches, migraine, fatigue, arthritis, sciatica, fibrositis, motor neurone disease, fibromyalgia, chronic fatigue syndrome, lupus, osteoporosis, spondylosis. As well as a degree of pain relief, toxin removal and muscular tension will also result.

For information or to book a free consultation call 01283 516444