

Running the Distance Sports Massage

MYOFASCIAL RELEASE

Myofascial is the tough connective tissue surrounding and infusing every cell from head to toe like spider web in 3D. It provides support and flexibility to all structures of the body. Myofascial Release is a safe and effective hands-on technique that involves applying gentle pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. Injuries, trauma and poor posture are causes these fascial fiber to tighten, shorten, thicken and adhere, putting abnormal pressure on nerves, muscles, blood vessels, bones, organs and the brain. Pain, restriction of motion and structural misalignment are some consequences.

Benefit of Myofascial Release

The benefits of Myofascial release may result in decrease pain, more flexibility, enhanced daily functional abilities, refined athletic performance, and increased ease of movement; improve balance, better posture, and greater structural integrity.