

# Myofascial Release

(John F. Barnes Method)

Also known as MFR is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate the pain and restore motion.

The use of MFR allows us to look at each patient as a unique individual. Our one-on-one treatments use a multitude of techniques and movement therapy. We promote independence through education in proper body mechanics and movement, self treatment, instruction and postural and movement awareness.

Each MFR session is performed directly on skin without oils, creams, or machinery. This enables the therapist to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure.