

## **What is Myofascial Release?**

It is a form of localized muscle stretching. It is typically performed on individuals suffering from muscular pain and spasm, typically known as myofascial pain syndrome. There are many forms of myofascial release, such as soft tissue mobilization, rolfing, strain and counter/strain, and stretch and spray techniques.

## **Does it really work?**

Many individuals will tell you it works, but frankly, science has yet to discover who it will work on and which technique is best given specific pain.

Learn more about pain therapy at [www.newportpain.com](http://www.newportpain.com)