

MYOFASCIAL RELEASE:

MFR is a hand on manual therapy that focuses on the entire body's fascia, a connective tissue system that weaves throughout the entire body. Sheets of this fibrous tissue surround all muscles, joints, nerves, blood vessels, and organs. Fascia is flexible but often provides support and protection for the tissues listed above. This soft tissue can become restricted due to psychological stress, overuse, trauma, inactivity, surgery, or infectious agents, often resulting in pain, muscle tension, decreased joint motion, and diminished blood flow.

MFR techniques generally fall under two main categories: direct or indirect. Direct techniques utilize deep manual therapy pressures seeking to change the myofascial tissues by stretching, elongating fascia, or mobilizing adhesive tissues. The practitioner moves slowly through the layers of the fascia until the deeply restricted tissues are reached. Whereas, indirect techniques involve gentle stretching to the restricted fascia allowing the tissue to "unwind" itself or move away from the restrictive barrier within the tissue. This is based on the theory that the viscous portion of the fascia has the capacity to "creep" or progressively deform with a constant load. MFR is often practiced by physical therapists, osteopathic physicians, chiropractors, occupational therapists, and massage therapists. For more information please visit www.myofascialrelease.com.