

## SOFT TISSUE RELEASE:



Soft Tissue Release (STR) is a hands-on technique for relieving pain and improving range of motion. Developed in Great Britain in the 1980s, STR uses a combination of stretch, breathing, and manual pressure to areas of tightness in an attempt to convince the Nervous System to release tightness and pain. The technique's claim to fame is its use with British Olympic sprinters in the 1990s.

Soft Tissue Release is used for acute and chronic pain conditions, sports injuries, repetitive use problems (such as carpal tunnel syndrome, tennis elbow and plantar fasciitis), fibromyalgia, whiplash, knee pain, tendonitis, frozen shoulder, back pain, neck pain-any condition where tightening of the tissues may be contributing to discomfort and limited motion including those blamed on "myofascial trigger points" or scar tissue.



Soft Tissue Release is always done with the person positioned comfortably and within the person's tolerance. "Working through the pain" is avoided as pain during treatment causes reactive tightening of the tissues-the opposite of what we are trying to achieve! Treatment can be done equally well on bare skin or through loose clothing such as shorts or sweat clothing.

Key to the success of STR is the performance of a home stretching program several times per day to reinforce the results obtained during the session and to re-educate the central nervous system and neuromuscular system to allow normal movement. Each stretch is held briefly, and done for several repetitions rather than for longer, sustained periods. This is to avoid triggering protective tightening responses from the nervous system.

When a home stretching program is done in conjunction with clinical treatments, a common achievement with STR is for a painful condition to be at least 50% better within 3 treatments, often leading the person to feel capable of managing independently from that point onward.