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MeSH Heading Fascia Tree Number(s) A02.340 A10.165.425 Unique IDD005205 RDF Unique Identifier Scope NoteLayers of connective tissue of variable thickness. The superficial fascia is found immediately below the skin; the deep fascia invests MUSCLES, nerves, and other organs. See Also Fasciotomy Entry Combination surgery:Fasciotomy Date Established 1966/01/01 Date of Entry 1999/01/01 Revision Date 2016/05/31 Fascia Preferred Concept UIM0008234 Scope NoteLayers of connective tissue of variable thickness. The superficial fascia is found immediately below the skin; the deep fascia invests MUSCLES, nerves, and other organs. Terms Fascia Preferred Term Term UI T015969 Date01/01/1999 LexicalTag NON ThesaurusID NLM (1966) Age in Reverse with These Exercises by Christiane Northrup, M.D. Age in Reverse with These Exercises Musculoskeletal For a long time, muscle fascia was considered to be just the white “saran wrap” around your muscles. In fact, when I was in medical school we were instructed to remove the fascia from cadavers so we could study “the important stuff” underneath. This is how most doctors, massage therapists, yoga instructors, and other movement specialists have been taught to view the human body. As it turns out, this is a huge mistake! Your muscle fascia is important to every move you make. And when your fascia is tight or damaged, you may suffer from any number of symptoms including headaches, muscle pain, neck and back pain, general lack of flexibility, and poor posture. The most common reasons for tight fascia are prolonged sitting or standing, poor posture, and lack of stretching. In addition, intense physical training such as marathon running, as well as chronic inflammation can cause your fascia to be tight. Of course, trauma can also be a culprit. This can be in the form of physical trauma, such as falls, injuries, and surgery or emotional trauma. What is Fascia? © Wikipedia Commons If you have ever had Plantar fasciitis, a painful condition that is also called jogger’s heel, then you know something about your fascia. But what you may not know is that every inch of your body is encased in fascia. Fascia is made up of densely packed collagen fibers that wrap around each of your internal organs and connect them to your muscles and bones. It is responsible for stabilizing your entire body and giving you your human form. It is also a fluid system that every cell in your body relies on for proper functioning. It is the crystalline structure that literally holds all the information of your life! Your fascia has the ability to contract and relax independently of the muscles it surrounds. SO your fascia can actually respond to stress without you knowing it! Needless to say, when your fascia is tight or inflamed it can cause a great deal of pain. In fact, it can be a primary source of chronic or referral pain for many people. (Referral pain is when you feel pain in one area of your body, but the actual source of that pain is coming from somewhere else.) 5 Ways Your Fascia Affects Your Health Fascia affects your health in many ways, from how you feel to how you look and more. Here are some of the ways your fascia works to keep you healthy: Acts as a secondary nervous system. It’s no coincidence that acupuncture points commonly used in Traditional Chinese Medicine (TCM) mostly lie along the fascial pathways and planes in your body. That’s because fascia is your body’s secondary nervous system. Science shows that one of the ways acupuncture works is by changing the signals that go through your fascia. Connective tissue, including fascia, is loaded with receptor membranes that communicate with all of the other receptor membranes in your body. This is why when your feet hurt, your whole body hurts! Protects you from injury. Your fascia stretches and moves to support your body, and actually protects you from overstretching. But if you hurt yourself, your fascia adapts to protect your body from further injury. Likewise, if you sit all day slumped over a computer, you put abnormal stress on your fascia, so it molds itself along the lines of your posture with the end result that your shoulders hunch forward and the circulation of blood, lymph, and energy to your chest, lungs, and heart become suboptimal. Over time, this can lead to impairment throughout your entire body. On the other hand, when you change your alignment, get regular massage, or even massage the bottoms of your feet with a tennis ball on a regular basis, you can create health throughout your entire body. Determines the aging process. Aging is in part due to dry, tight fascia. This is often at the center of chronic pain, illness, injury, and the limited mobility many people associate with aging. Fascia experts point out that many of our physical limitations and pain are the result of fascial scarring and the accumulation of dense, dry fascia around muscles and joints, and even in your skin! Conversely, healthy fascia is a Fountain of Youth. When fascia is healthy, it’s flexible and returns to its original shape after being twisted and squeezed. Clues you into your emotions. Your fascia holds your emotional memories. Sadness, pain, and past trauma (even from past lives) can get locked deep in your fascia. If you have ever found yourself crying on the massage or acupuncture table, it’s because the therapy has assisted you in releasing emotions, including anxiety, fear and anger, that can take up residence in your fascia. Tells you how your body is working daily. Better than X-rays, MRIs, and other scans, your fascia lets you know how healthy you are on a daily or even hourly basis. To see this for yourself, sit at a desk for an hour or longer, then stand up. 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This is why you may feel stiff in the morning. In addition, when you are injured adhesions can form in your fascia. Over time, these adhesions can become permanent and can even inhibit your range of motion. Take a few minutes first thing in the morning to stretch out from head to toe. If you aren’t sure what to do, just watch how your cat or dog moves after a nap. Notice how they tense their muscles at the same time that they stretch. Think of yawning and how good it feels. You are not only tensing your muscles, but you are also stretching your fascia. Just be sure not to force your way through a stretch or you could do more damage to your fascia. Just stretch gently for three to five minutes. Relax into the hold, breath and enjoy the process. Try making this part of your morning ritual. Stay hydrated. Healthy fascia has a gel-like consistency. Just like every other tissue in your body, your fascia works better and feels better when it’s properly hydrated. Be sure to drink enough pure water and replace fluids after exercise. However, you need to take it one step further because, unlike blood that is pumped by your heart, there is no other organ pumping fluid to your fascia. That’s where stretching comes in. This gets fluid moving into your fascia. In addition to your morning stretches, try rhythmic contraction and relaxation throughout the day. You can also try getting upside down—headstand or shoulder stand poses can be beneficial. Roll it out. Using tissue mobilization tools such as a soft foam roller, or even a small ball, can be beneficial for your fascia. Like stretching, using a foam roller on your fascia is different than on your muscles. Be gentle and slow in your movements, and when you find an area of tension hold sustained pressure for three to five minutes. You may practice self-massage with the same rules (see below.) Try assisted fascial release. In my experience, assisted fascial release with an experienced practitioner can truly help your body age in reverse! Some methods of assisted fascial release include myofascial release massage, Kenesis Myofacial Integration, fascial unwinding, Active Release Techniques (ART), the Alexander Technique, the Feldenkrais Method, and even Rolfing. Many osteopaths, chiropractors, physical therapists and massage therapists are beginning to embrace fascial therapies. Talk to different therapists and ask questions about their techniques to determine what feels right for you. Acupuncture is another good method. Remember, you don’t need to be injured to try these techniques. In fact, many athletes, dancers, and musicians use fascial release to keep themselves in peak condition. Perform self-fascial release. Yoga, Pilates, stretching, self-massage, the MELT Method and other self-fascial release techniques, can keep your fascia moving freely. Be sure to warm up the area you are working on, then slowly work deeper into the tissue for more release. If you use a foam roller, remember a softer pressure is better and you should not feel pain. If you push into the pain zone, your muscles will tighten up. This causes your fascia to grip down and crystallize. Also, tightness in one area of your body can affect your entire body. Your iliotibial (IT) bands are a good example. If you have a tight IT band, most likely the mid-thoracic area of your back is tight. When you work on releasing this area of your back, your IT band will also release. These external techniques for addressing fascia tension can help support your stretching or assisted stretching program. Listen to your body. Bodies need time off to rest. This is a basic self-care premise. Trying to “push through” an injury sets you up for a potential chronic problem. So take some extra time to relax when you need to. This allows your body to regenerate and ensures that a temporary imbalance does not become permanent. One easy way to relax your body and mind is by taking a warm Epsom salt bath for 20 minutes before bed each night. When you get out of the tub, move your body lightly for about 10 minutes. This will keep blood from stagnating in your muscles. Get Rid of Dowager’s Hump I like to watch people walk. And what I notice is how so many people walk with their head tilted forward. This tendency increases with age and with certain habits and can be a root cause of the dreaded Dowager’s Hump, also known as kyphosis, because carrying the weight of the head forward places pressure on the spine. Of course, bone loss and fractures due to osteoporosis also contribute to Dowager’s Hump. I believe my mother’s Dowager’s Hump was due to so many years of hiking with her head down. But when I started to get one, I was mortified! The good news is I have completely reversed any signs of a Dowager’s Hump by breaking up the dense fascia at the back of my neck. I did this by practicing the Thymus Roll Down. This is an exercise where you lay on your back and lift your legs and buttocks off the floor. Then pressing your arms into the floor, you roll down your spine from your neck to your tailbone vertebrae by vertebrae until your buttocks are back on the floor. You can search online for videos on how to do this. This exercise also helps to increase the flexibility of your spine and strengthen your abdominal muscles. Plus, when you stimulate your thymus gland you get the added benefit of helping it produce more T cells, which can help strengthen your immune system. Remember, you don’t need to be injured, experiencing pain, or getting a Dowager’s Hump to try any of these exercises or techniques. 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The benefits of facial release are numerous including better posture, deeper breathing, increased energy, improved flexibility and coordination, and even better-fitting clothes! In fact, many athletes, dancers, and musicians use fascial release techniques to keep themselves in peak condition for their profession. Have you tried fascial work? If so, what have you tried? And what improvements have you experienced? Christiane Northrup, M.D., is a visionary pioneer and a leading authority in the field of women’s health and wellness. Recognizing the unity of body, mind, and spirit, she empowers women to trust their inner wisdom, their connection with Source, and their ability to truly flourish. Understanding fascia and its connection to tightness is crucial for relieving pain and improving movement. Learn techniques for breaking up fascia, from self-myofascial release with foam rolling to manual lymphatic drainage, and discover how to prioritize self-care and maintenance for optimal fascial health. When it comes to understanding our body’s mechanics, we often focus on muscles and bones. However, there’s a third essential element that plays a significant role in our movement and overall well-being: fascia. So, what is fascia, and how does it relate to movement? What is Fascia and How Does it Relate to Movement Fascia is a complex web of connective tissue that surrounds and supports every muscle, bone, and organ in our body. Imagine a thin layer of silk wrapping around each structure, allowing them to move and function together seamlessly. This intricate network of fascial tissue provides stability, support, and lubrication, enabling us to move freely and efficiently. Think of fascia like the strings of a instrument. Just as each string resonates with the others to produce a harmonious sound, fascia connects and communicates with surrounding tissues to facilitate movement and ensure proper function. When we contract and relax our muscles, fascia responds by expanding and contracting, allowing for smooth and efficient movement. Common Areas of Fascial Tightness and Limitation While fascia is often referenced as a single entity, it’s essential to recognize that specific areas of the body are more prone to fascial tightness and limitation. Common areas of restriction include: Neck and shoulders (think of the countless hours spent typing or driving) IT band (common among runners and cyclists) Hip flexors and quadriceps (often tight from prolonged sitting or heavy backpacks) Calf muscles (another common culprit among runners and hikers) These areas of tightness can lead to limitations in movement, reduced flexibility, and even chronic pain. By understanding where these restrictions occur, we can target specific areas for release and improvement. Breaking up fascia is a vital aspect of maintaining optimal movement, reducing pain, and improving overall well-being. But why is this the case? What happens when fascial restrictions are left unaddressed? How Fascial Restrictions Affect Movement and Function Imagine trying to move through a treacle-like substance that slows down every step, twist, and turn. That’s what it’s like for our bodies when fascial restrictions are present. When fascia becomes tight and restricted, it can affect movement in a number of ways, including: Reduced range of motion: The restricted fascia can pull muscles and tendons into shortened positions, reducing the overall range of motion and making it difficult to move freely. Impaired coordination: Fascial restrictions can affect the communication between muscles, nerves, and joints, leading to impaired coordination and balance. Increased muscle tension: When fascia is tight, it can cause muscles to become overactive, leading to increased tension and fatigue. The Benefits of Breaking Up Fascia for Pain Relief Breaking up fascia is not just important for movement and function; it’s also a powerful tool for pain relief. When fascial restrictions are released, it can: Reduce chronic pain: By releasing tension in the muscles and connective tissue, breaking up fascia can reduce chronic pain and discomfort. Improve circulation: Fascial release can help improve blood flow and reduce inflammation, both of which can contribute to pain and discomfort. Enhance relaxation: Breaking up fascia can help promote relaxation and reduce muscle tension, leading to a sense of calm and well-being. Improve posture: By releasing tension in the fascia, you can improve your posture and reduce the risk of injury and discomfort. By breaking up fascia, you can experience a range of benefits that can improve your overall quality of life. Whether you’re looking to improve movement, reduce pain, or simply feel better, incorporating fascial release into your routine can be a game-changer. Techniques for Breaking Up Fascia In order to effectively break up fascial adhesions and restrictions, it’s essential to understand the different techniques that can be used. Here, we’ll explore three unique methods for releasing fascial tension: self-myofascial release with foam rolling, using inversion tables for fascial release, and manual lymphatic drainage for fascial release. Self-Myofascial Release with Foam Rolling One popular method for releasing fascial tension is through self-myofascial release (SMR) with foam rolling. SMR is a technique that involves applying gentle, sustained pressure to specific areas of the body using a foam roller or other tool. This pressure helps to reduce the adhesions and scar tissue that can cause pain and stiffness. To use foam rolling for SMR, start by positioning the roller under your body at a tender area. Slowly roll the foam roller along the affected area, applying pressure and adjusting your body position as needed. Take deep breaths and focus on relaxing the area as you apply pressure. This technique can be repeated multiple times, depending on the area being targeted. Here are some tips to keep in mind when using foam rolling for SMR: Start slow and gentle, gradually increasing pressure as needed Focus on specific areas of tension and avoid rolling over bony areas like the spine or knees Adjust your body position and pressure as needed to find relief Use a foam roller that is the appropriate size and texture for your body Roll slowly and steadily, taking deep breaths and focusing on relaxation Using Inversion Tables for Fascial Release Another technique for releasing fascial tension is through the use of inversion tables. Inversion tables allow the body to be in a position of gentle inversion, which can help to stretch and release the fascial tissue in the neck, shoulders, and back. To use an inversion table for fascial release, first make sure to secure yourself safely and comfortably in the table. Adjust the table to the appropriate angle for your body and slowly begin to invert. Hold the inverted position for 5-10 minutes, focusing on relaxing and releasing any areas of tension. Repeat as needed, depending on the area being targeted. Here are some tips to keep in mind when using an inversion table for fascial release: Start slow and gentle, gradually increasing the angle of inversion as needed Focus on breathing deeply and relaxing as you invert Avoid bouncing or jerking movements, which can cause discomfort or injury Use a adjustable table that can accommodate your body size and shape Repeat the process regularly for optimal results Manual Lymphatic Drainage for Fascial Release Manual lymphatic drainage (MLD) is a gentle, non-invasive technique that involves stimulating the lymphatic system to promote the elimination of toxins and promote healing. When used in conjunction with fascial release, MLD can be a powerful tool for promoting overall health and wellness. To use MLD for fascial release, start by gently massaging the affected area with long, smooth strokes. Use your fingertips to apply gentle pressure, working in a circular pattern to promote the flow of lymphatic fluid. Focus on specific areas of tension and hold the massage for 5-10 minutes, repeating as needed. Here are some tips to keep in mind when using MLD for fascial release: Start slow and gentle, gradually increasing pressure and duration as needed Focus on specific areas of tension and avoid applying pressure to bony areas Use long, smooth strokes and avoid sudden or jerky movements Repeat the process regularly for optimal results When it comes to fascial health, sound body mechanics and movement strategies play a crucial role in maintaining flexibility and reducing the risk of tension. In this section, we’ll explore the importance of correcting posture and adopting proper alignment and movement techniques for efficient recovery. Correcting Posture to Reduce Fascial Tension Imagine a stretched rubber band: when it’s subjected to tension, it becomes rigid and stiff, affecting the movement of nearby parts. Similarly, when our posture is compromised, fascia becomes restricted, leading to stiffness and reduced range of motion. By correcting our posture, we can release tension within the fascia, allowing for freer movement and reducing the risk of injury. So, how can you correct your posture? Stand up straight with your shoulders relaxed and ears in line with your shoulders Engage your core muscles to support your lower back Keep your pelvis in a neutral position, avoiding tilting or arching Avoid crossing your legs or ankles, which can put pressure on the lower back Take regular breaks to stretch and move throughout the day Proper Alignment and Movement Techniques for Efficient Recovery Now that we’ve covered the importance of correcting posture, let’s dive into proper alignment and movement techniques for efficient recovery. Remember, movement is a series of connected actions, and slight misalignments can have a ripple effect on our movement patterns. By adopting proper alignment and movement techniques, we can reduce the risk of strain, improve recovery, and enhance overall movement efficiency. Keep your shoulders down and away from your ears Engage your glutes to support your lower back Keep your knees slightly bent and feet shoulder-width apart Avoid excessive arching or flattening of the back Use bent knees and a slight pelvis tilt to reduce strain on the joints By incorporating these techniques into your daily routine, you’ll be better equipped to maintain healthy fascia, reduce the risk of injury, and optimize your movement efficiency. Remember, it’s all about nuance: subtle adjustments can have a significant impact on your overall movement patterns and recovery. Fascial health is like a garden – it requires regular maintenance to keep it healthy and thriving. As the saying goes, “an ounce of prevention is worth a pound of cure.” By incorporating simple self-care and maintenance strategies into your daily routine, you can significantly reduce the risk of fascial tightness and its corresponding discomfort. Prioritizing Self-Myofascial Release in Daily Life So, how can you prioritize self-myofascial release in your daily life? Start by setting aside just 5-10 minutes each day for self-massage and fascial release. This can be as simple as rolling out your IT band, calves, or quads while sitting on the couch, or using a lacrosse ball to release tension in your shoulders and back. By incorporating self-myofascial release into your daily routine, you’ll be able to identify and address areas of restriction early on, reducing discomfort and improving overall mobility. Creating a Maintenance Routine for Fascial Health But what does a typical maintenance routine for fascial health look like? Here’s a simple framework to get you started: Morning routine: Begin with 5-10 minutes of self-myofascial release to loosen up the fascia and get the blood flowing. Mid-day stretch: Take a short 5-minute break to stretch and release tension in your major muscle groups. Evening wind-down: Finish the day with 5-10 minutes of self-myofascial release and gentle stretching to relax the fascia and promote recovery. Progressive overload: Gradually increase the intensity and duration of your self-myofascial release and stretching exercises over time to continue challenging the fascia and promoting healthy adaptation. By incorporating these self-care and maintenance strategies into your daily routine, you’ll be well on your way to maintaining healthy, supple fascia and reducing your risk of discomfort and injury. Skip to content Posted on February 9th, 2024Myofascial release therapy stands as a beacon of hope for those entangled in the persistent grip of chronic pain. This hands-on technique delves deep into the body's fascial system, targeting the connective tissues that envelop muscles and organs, to alleviate tension and restore mobility. With a foundation rooted in the principles of manual manipulation, the therapy focuses on detecting and easing restrictions within the fascia, thereby promoting healing and pain relief. The immediate aftermath of a session can be profoundly transformative, offering a glimpse into a life unburdened by discomfort. For individuals grappling with conditions such as fibromyalgia or localized pain in the back, neck, arms, knees, and shoulders, myofascial release therapy emerges as a pivotal element in their journey towards recovery. The consultation process, pivotal to tailoring the therapy to one's specific needs, underscores the therapy's versatility and effectiveness. As we explore the nuances of what to expect after a myofascial release session and the longevity of its benefits, it becomes clear why this therapy is revered among pain relief specialists. The impact of the initial consultation cannot be overstated, serving as the cornerstone for a treatment plan that promises not just temporary relief, but a pathway to lasting wellness. Discover more about our Myofascial Release Therapy Consultation, a service meticulously designed to pinpoint the root causes of pain and chart a course towards a drug-free, pain-free existence.Understanding Myofascial Release Therapy Myofascial release therapy, a technique revered for its gentle yet effective approach, offers a ray of hope to those suffering from chronic pain. This therapy, focusing on the body's fascial system, employs manual manipulation to release tension and restore function. Let's delve deeper into the mechanics and benefits of this transformative treatment.The Science Behind Myofascial Release At its core, myofascial release therapy operates on the principle that the body's fascia, a dense connective tissue, plays a crucial role in pain perception and mobility. Through targeted pressure and manipulation, therapists can alleviate fascial restrictions, thereby diminishing pain and improving movement. This section explores the scientific underpinnings of the therapy, shedding light on how and why it works.The Role of Consultation in Personalized Care The initial consultation is a critical step in the myofascial release therapy process. It allows the therapist to understand the client's unique pain profile, including the history and specific areas of discomfort. This personalized approach ensures that the treatment is tailored to address the root cause of pain, rather than just offering a one-size-fits-all solution. Here, the importance of a thorough assessment and its impact on the effectiveness of the therapy are discussed, emphasizing the need for a customized treatment plan.What To Expect After A Myofascial Release Session After undergoing a myofascial release session, individuals can anticipate a range of outcomes, from immediate relief to gradual improvements in mobility and pain levels. This section aims to set realistic expectations for the aftermath of a treatment, providing insights into the physical and therapeutic effects that follow.Immediate Post-Treatment Effects Immediately following a myofascial release session, many clients report a sense of relief and increased ease of movement. This immediate response is often characterized by a reduction in pain and an enhanced feeling of relaxation. The techniques employed during the session work to release tension in the fascia, which can lead to an instant improvement in comfort and flexibility. It's important for clients to be aware of these potential outcomes, as they represent the first steps towards long-term recovery.Long-Term Benefits and Healing Process The journey to recovery through myofascial release therapy extends beyond the immediate aftermath of a session. Over time, clients may notice a progressive improvement in their condition, with sustained reductions in pain and enhanced mobility. The long-term benefits of myofascial release therapy include improved circulation, increased range of motion, and a decrease in chronic pain symptoms. As the body continues to heal and adjust post-treatment, these benefits can contribute significantly to an individual's overall quality of life and well-being.The Duration of Myofascial Release Effects Understanding the longevity of the effects of myofascial release therapy is crucial for setting realistic expectations and planning ongoing care. While immediate improvements are often noticeable, the duration of these benefits can vary based on several factors, including the individual's condition and lifestyle.Factors Influencing the Longevity of Treatment Effects The lasting impact of myofascial release therapy is influenced by a variety of factors, such as the severity of the client's condition, frequency of sessions, and adherence to recommended self-care practices. Individuals with chronic conditions may find that regular sessions are necessary to maintain the benefits, while others might experience prolonged relief after a series of treatments. This subsection explores how these factors play a role in the duration of the therapy's effectiveness, providing guidance on how to maximize the lasting benefits.Maintaining Results Through Self-Care and Regular Sessions To extend the benefits of myofascial release therapy, clients are often advised to incorporate self-care practices into their daily routine, alongside scheduling regular therapy sessions. Activities such as stretching, hydration, and mindfulness exercises can enhance the treatment's effectiveness and prolong its benefits. This subsection offers practical advice on self-care strategies and discusses the importance of ongoing therapy sessions in maintaining and improving the results over time.How Often Should You Do Myofascial Release Determining the optimal frequency for myofascial release sessions is key to achieving and sustaining the best possible outcomes. This section delves into the factors that influence how often an individual should undergo treatment, aiming to offer clear guidelines that cater to varying needs and goals.Tailoring Frequency to Individual Needs The frequency of myofascial release therapy sessions should be tailored to each individual's specific condition, goals, and response to treatment. For some, weekly sessions may be necessary to address acute pain or chronic conditions effectively. Others might benefit from less frequent sessions aimed at maintaining mobility and preventing the recurrence of symptoms. This tailored approach ensures that treatment is both effective and efficient, aligning with the unique circumstances of each client.Recommendations for Sustained Relief For sustained relief and long-term benefits, it's important to follow a treatment plan that includes regular sessions, complemented by self-care practices. The therapist may recommend a specific frequency at the start, which can be adjusted based on the client's progress and response to therapy. Regular assessments can help in fine-tuning the treatment plan to ensure that it continues to meet the client's evolving needs.Benefits of Myofascial Release Therapy Consultation at Pain Free Nottingham Choosing Pain Free Nottingham for myofascial release therapy consultation brings a host of benefits, from personalized treatment plans to expert care. This section highlights the advantages of our consultation process and the overall value it adds to the therapeutic experience.Comprehensive Assessment and Personalized Treatment At Pain Free Nottingham, the initial consultation is a critical step in our approach to myofascial release therapy. It involves a thorough assessment to identify the root causes of pain and discomfort. This comprehensive evaluation enables our specialists to create a personalized treatment plan that addresses each client's unique needs, ensuring more targeted and effective therapy.Empowering Clients Towards a Drug-Free, Pain-Free Life Our goal at Pain Free Nottingham is not just to alleviate symptoms but to empower clients to achieve a drug-free, pain-free life. The myofascial release therapy consultation is the first step in this journey, offering clients the knowledge and tools they need to understand their condition and take an active role in their recovery. By focusing on the underlying causes of pain, we aim to provide lasting relief and improve our clients' quality of life.Achieving Long-Term Relief with Pain Free Nottingham The journey towards achieving long-term relief from chronic pain is a collaborative process between the client and the therapist. At Pain Free Nottingham, our approach is designed not only to treat the symptoms but to address the root causes of pain, ensuring sustainable results. This section outlines how our unique technique contributes to lasting relief and an improved quality of life.Unique Techniques for Lasting Relief Pain Free Nottingham's myofascial release therapy employs specialized techniques that differ from conventional methods. By focusing on the precise locations of fascial restrictions and applying targeted pressure, our therapists are able to achieve significant, measurable differences from the very first session. This subsection discusses how our unique approach facilitates the hydration of affected tissues, opening up areas of tension and providing immediate as well as lasting relief.Enhancing Quality of Life Beyond Pain Relief The ultimate goal of myofascial release therapy at Pain Free Nottingham is not just to alleviate pain but to enhance the overall quality of life for our clients. By restoring mobility, reducing reliance on prescription drugs, and addressing the underlying causes of discomfort, we empower clients to return to their preferred activities and enjoy a more active, fulfilling life. This subsection highlights the broader benefits of our therapy, including improved mental well-being and increased physical functionality.Conclusion In conclusion, myofascial release therapy offers a path to recovery and well-being that goes beyond conventional treatment methods. By understanding what to expect after a session, recognizing the factors that influence the duration of its effects, and adhering to recommended frequencies, individuals can maximize the benefits of this therapy. Pain Free Nottingham stands at the forefront of providing personalized, effective myofascial release therapy consultations, uniquely tailored to each client's needs. Our commitment to addressing the root causes of pain and fostering a drug-free, pain-free life has made us a trusted partner in our clients' healing journeys.If you're seeking relief from chronic pain, stiffness, or reduced mobility, don't wait any longer. Discover the difference that a personalized myofascial release therapy consultation can make. Visit Pain Free Nottingham today to learn more about our services and book your initial consultation. Together, we can chart a course towards a pain-free, more vibrant life. Take the first step on your journey to recovery and improved well-being by reaching out to us now. Myofascial release therapy is a great tool for recovery and just feeling your best. But you might be wondering exactly how or if there are specific myofascial release techniques that you should use. YES! Let me share some with you… Myofascial release works by using specific tools and techniques to release tension in the connective tissues of the fascia and fascial trigger points that may be causing pain and/or tension. If you’re wondering what fascia is exactly, fascia is the context where all movement takes place. A web-like connective tissue that houses all of your organs, muscles, tendons, blood vessels, nerves, etc. In my 200-hr Yoga Teacher Training Tom Myers explains it beautifully. He states, “There is only one muscle, it just exists in six hundred fascial pockets. Just like the bones and tendons and organs all exist in fascial pockets.” Currently fascial restrictions are unable to be seen on MRIs X Rays or CAT scans. But fascial restrictions can throw your entire body out of whack and cause pain. This is because fascial restrictions have the tensile strength of 2,000lbs per square inch !! Myofascial release works using compression and contraction on myofascial tissues to release those restrictions. To allow more mobility and better blood circulation throughout the body. By releasing fascial restrictions you can also significantly reduce pain. EVERYONE!! Seriously, everyone can benefit from myofascial release therapy. Even if you don’t need to treat myofascial pain syndrome or another chronic pain disorder caused by fascial restrictions. You could have habitual bracing patterns or poor posture causing widespread pain. Or, your entire body could simply feel stiff. There are numerous conditions treated with myofascial release therapy. Myofascial release is for you if you’ve experienced: Trauma – physical or emotional Referred pain Muscle tension Pain in the joints/loss of mobility Poor circulation Poor posture Widespread pain To get even more specific if you’ve got conditions like carpal tunnel syndrome

anatomists regarded the fascia of the body (the white, thin material you see around and in between cuts of meat at a butcher's) as “inert, ground substance” – the stuff you cut away in dissections to reveal the real, inner workings of the body: that is, its muscles, tendons, ligaments, and internal organs. Anatomists have taken this approach to fascia for five hundred years, until the last fifteen years or so.Fascia is ubiquitous in the body, surrounding and permeating all structures. It is, in fact, the most abundant tissue in the body, but this needs qualification. In the womb, the developing foetus is all fascia until tissue differentiation occurs – the fascia that becomes bone, for example, attracts minerals out of the bloodstream and it hardens to form the material that is familiar to us; the fascia that occupies the lower right-hand side of the abdomen differentiates itself into becoming a new liver, and so on. The term “myofascial” simply means “muscle and fascia”.Recent research and developments in anatomy, largely beginning with research that began in the Rolfing* community, has shown that, far from being inert, fascia is permeated with all the neural structures of other soft tissues in the body: all nerve types** are found there, and fascia has more pain receptors than muscles do! But it’s fascia’s mechanical and neural properties that has attracted the most research interest: fascia is, largely, how we feel our body and its position in space. The proprioceptors and mechanoreceptors in fascia fine-tune muscular actions. Remember the last time you picked up a glass for example, and you thought it was glass but it was plastic – it flew off the table quicker than you expected, and then you quickly modified the force that you are using – that is fascia in action.Speaking broadly, fascia composes a gel-like substance (mucopolysaccharide, a mucus-like semi-liquid) that contains the longest molecules in the body (collagen, elastin, and reticulin) and collectively, this substance has contractile properties as well as being among the 'first responders’ in any injury, following the inflammatory response. And fascia is what you injure when you ‘pull’ a muscle. The superficial fascia is found just under the skin (and an image of it without the skin covering looks like a body suit) and there are numerous deeper layers, too, that follow the lines of force the body has experienced in the past. Weight training strengthens fascia and movement and flexibility training makes it more supple and ‘stretchy’.Until recently, most researchers thought that the viscosity of fascia was related to your hydration regime (how much water you consume) but this turns out to be false: it is your movement regime that keeps fascia supple. And, conversely, a lack of movement can allow fascia to “stick” or “gum up”. Fascia can adhere to adjacent muscle, or it can simply lose its extensibility and suppleness. Many so-called muscular aches and pains are related to this aspect of fascia.YouTube has many fascinating videos on fascia, which in life looks nothing like the illustrations modern textbooks show; here is one of my favourites: (“Strolling under the skin”, which uses an endoscope to show what fascia looks like in a moving, living body).And because the body is constantly adapting to constraints it experiences in daily life, any restriction to movement will change one's movement patterns in time, and not only will those patterns become fixed in the body (as the fascia adapts by thickening and strengthening), but they become fixed in that part of the brain that “records” our movement patterns, the somatosensory cortex.*Rolfing: a school of body work started by Dr Ida Rolf**Pacinian, Ruffini, and Meissner corpuscles; Merkel’s disks, and C-fibre LTMs (low threshold mechanoreceptors), as well as type-C nociceptive structures (pain signaling) and Golgi tendon organs. Together, these endow fascia with sensing, pain signaling, and contractile properties. Fascia is alive, in other words! What is Myofascial Release?This term refers to a variety of manual and other techniques that help the fascia to regain its fundamental slipperiness.The goals of these techniques, while underpinned by very different theoretical foundations, can be seen as similar in at least one way: their goal is restoration of desirable movement and the reduction of any pain that is related to restrictions in this.Because fascia responds positively to movement, all movement practises can be considered “myofascial releases”, too, though the effects are usually slower to become apparent than what direct manual intervention can provide. On the other hand, the development of a movement and flexibility practise will ensure that any new range of movement, or “ROM" (no matter how achieved) will be ‘embodied’ by the practise – the take-home message is the familiar “use it or lose it”. Myofascial Release FAQs Chiropractors use "Graston tools” to effect myofascial release; the use of these tools is said to change the state of fascia. Other schools like osteopathy use devices that impart energy to the same tissues, and to the same end, like the Percussor and various other massage tools; and Oriental medicine has a scraping technique called Gua Sha. Manual techniques include deep tissue massage, shiatsu (literally “finger pressure”) from Japan, the Traeger approach, Hellerwork, and Rolfing; there are a huge number of different schools.Stretch Therapy works with the whole body, and can preferentially address fascial restrictions and adhesions over muscle tightness if necessary. See below. There are many theories that try to explain how myofascial release is achieved, at the chemical, neural, and mechanical/hydrological levels of analysis, but in the opinion of this author, none is satisfactory. The reason is that the lived experience is not an explicit part of the account – and our experience shows that if a change in length of a muscle, or the length–tension relationship of any muscles in the body is not experienced, there is no permanent change. This position is supported by a number of studies run in the Rolfing community, where a colleague had his ROM tested; he was then anaesthetised and given standard rolfing interventions by skilled practitioners; and after he regained consciousness, his ROMs were tested and found to be unchanged. The researchers’ conclusions were that if the patient is not consciously aware of, and does not directly experience the changes in the range of movement during and after a treatment, then effectively they did not happen.Standard accounts of how myofascial release works include the addition of energy to the system, which changes the fascia from a more solid-like state to a more gel-like state; mechanical accounts include the physical separation of adhesions between the fascia and adjoining tissues, which allows new movement; and neural accounts focus on the remapping of the somatosensory cortex, where the ‘map’ of one’s ROM is ‘stored’. You will feel an increase in range of movement of any of the affected parts of the body, and a reduction of the experience of pain related to that movement if it was painful. If you experience a ‘block’ to movements you need, then myofascial release can be very helpful, and especially if ordinary static stretching has not been effective. One of the significant benefits of working with an experienced practitioner is that you will be gently encouraged to explore ROMs that you otherwise would not, and the practitioner can add his or her manual skills to the process, too (as when an adhesion is released manually).Perhaps paradoxically, stretching is one of the best ways to find those small locations in your body where a myofascial release can be so helpful – you won't find these unless you have the experience of trying to stretch the area – it will just feel 'blocked'. And in particular, RollStretch is perfectly suited to these local, stuck areas. A session of RollStretch followed up with the stretching exercise that identified the block in the first place often reveals that the block has disappeared completely. Some of the intervention techniques are momentarily quite uncomfortable, even painful, but the new movement and the sense of relaxation that accompanies the attainment of new ROM is liberating, and feels wonderful! Typically, Rolfing is a ten-session interaction (sessions are usually done weekly) and “whole body integration” is the goal. For a more detailed explanation, look up “Rolfing Structural Integration“. Myofascial release is a large part of the work, and many releases will be achieved in a typical set of sessions. None that this author is aware of. I recommend weekly as a starting point, but the frequency of work depends on your body’s capacity to recover from the intervention coupled with your state of health. Perhaps paradoxically, the less well you are, the less often this kind of intervention should be sought, and frequency of treatment can be increased as one’s health and function returns. Is because the less well one is, the more slowly one recovers from any intervention. All of the practitioners mentioned above, but also some kinds of massage therapists, deep tissue therapists, and the other bodywork schools mentioned above. Myotherapists target myofascia explicitly. Everyone – the question to ask yourself is, ‘is anything stuck in my life right now?’ and if the answer is, ‘yes’, then consider seeking some body work that specifically addresses fascia. This is a chronic pain situation – “chronic” means that it is unchanging. The experience of myofascial pain syndrome is an increased sensitivity to physical pressure on parts of the body and mild to severe pain in the muscles that persists. Treatments include gentle stretching and body work. If any pain in the body is unchanging, seek the help of a practitioner. The question is too broad to have a simple answer. Fascia can have everything to do with pain or nothing—it depends on the cause(s) of the pain. Strictly speaking, science does not support, or validate, or prove, any system. On the other hand, there is an emerging body of work that appears to show myofascial release’s effectiveness but all current studies are statistical in nature – if, for example, studies show that myofascial release is effective in 50% of patients, how do you know which group you will be in? The answer is that you cannot, not without having fascial release done on you. In other words, science is not useful here; you have to try it for yourself. According to some research, cellulite fascia can be ‘broken up’ by myofascial release, or by massage devices designed to affect cellulite. We (Stretch Therapy) have no experience in this area. Dr Robert Schleip (Director of Ulm University's Fascial Research Centre) conceptually arrays fascial types on a continuum, from ‘Balinese temple dancer” through to “Viking fascia”, and this continuum spans loose fascia and often looser joints through to tight facia and tight joints. Each of us will find ourselves somewhere on this continuum. The upside of looser fascia is innately greater flexibility, but the downside is the potential for joint instability. On the other hand, Viking fascia is associated with less innate flexibility, but greater joint stability, and a greater capacity to build strength in the body. No matter where you find yourself on this continuum, stretching will help tight fascia, and strength training will help loose fascia. Icing after myofascial release is not necessary, and in fact may inhibit the improved circulation that usually results from this kind of release. Heat therapy (or a hot bath) is the more common recommendation, and that is the one we support. Myofascial release can promote healing by restoration of desirable function. Notice I did not write, “by restoration of normal function” – ‘normal' is a statistical entity, and only describes where around 60% of any representative population sits, with respect to any quality. Very often in health and wellbeing matters, normal is not desirable! Stretch Therapy finds it more useful to consider where one is now, with respect to any goal, and then work on how to get from here to there. Myofascial pain mainly affects the muscles in the body, whereas fibromyalgia affects other systems in the body as well. We suggest you visit our back pain relief wiki, which we believe is one of the most useful resources available for utilising stretching to provide back pain relief. Myofascial Release ArticlesFascia is a fascinating and complex part of the human body that has recently been researched more intensely by scientists. The research revealed fascia to be permeated with all types of neural structures, including pain receptors. Discover all of the Stretch Therapy articles about myofascial release below. How Stretch Therapy Addresses Myofascial ReleaseStretch Therapy identified the critical role of fascia in both pain and range of movement considerations in the first publication of Overcome Neck & Back Pain way back in 1995. Stretch Therapy has been on the forefront of best practise with respect to how this tissue can be effectively worked with, and we have liaised with a number of leading researchers in this area from the very early days.Stretch Therapy explicitly incorporates practical and effective techniques for working with fascia: after the use of a number of neural reflexes* to reduce the restrictions to movement that result from an overly active protective mechanism, a new end position is held, but at a slightly reduced tension level, and as the whole body relaxes, small movements are added to the position. We have found that long-held positions (typically 4–5 minutes) affects fascia measurably, and this can be assessed both by the student (in terms of how they feel, and how a particular movement pattern may have changed) and by the practitioner (objective measurements of ROM pre- and post-exercise). Because the ST method has techniques that directly affect the systems mentioned above (releasing adhesions, facilitating fascial ‘creep’, where the elongation of fascia is directly experienced, and the best methods of using the tissues of the body to communicate directly with the somatosensory cortex to remap the mind’s belief of the body’s capacities) it is one of the most effective self-help systems available for this purpose. Other aspects of the ST system are whole-body strengthening, beneficial repatterning of less than optimal movement patterns, specific additions to all exercises that make them affect the neural systems more directly (that is, the capacity to shift the emphasis from muscles to the nerves themselves, particularly the brachial plexus and the sciatic nerve) are all aspects of the system.The RollStretch techniques, a sub-set of Stretch Therapy, directly address the fascial dimension of experience. RollStretch includes rolling over objects of varying hardness; the use of sticks and other tools to effect fascial releases; and specific exercise techniques that target fascia preferentially over the other structures of the body. [Scroll down to the Videos section below to view some RollStretch exercises. We will soon release a full RollStretch Video Course, too.]*Interested readers will find an analysis of the three reflexes we use to change ROM: the reciprocal inhibition reflex, the post contraction inhibition reflex, and one we named, the apprehension reflex in Overcome Neck & Back Pain, now in its 4th edition.Another reference will be found here. STRETCH THERAPY™ STARTER COURSEStretch yourself to a new, relaxed you!Unlock your body and discover the whole-body benefits of a younger, more agile you. Works for all bodies and physical conditions!You will discover simple stretching exercises that relax all parts of your body.You will learn to sleep better and lose those niggling aches and pains.You will learn how to feel better in your body.You'll look and feel younger, and move better. Myofascial Release VideosThe Stretch Therapy Method teaches you how to use specific stretching and relaxation exercises to achieve myofascial release from the comfort of your own home. Discover the Book That Started a Stretching Revolution Stretching & Flexibility will change your way of thinking about flexibility and will certainly improve the way you go about achieving it. Everyone will find exercises to suit his or her body type and level of flexibility. The revised 2nd edition has new hamstring and hip flexor exercises.96 stretching exercises, plus warm-up movementsExercises presented from easy to hardFull explanations, including what to do in the exercise and how to get in and out of the positionsExercises shown in partner and solo versionsOver 700 photographs, showing all the essential details Relaxation AudiosFor over 35 years Kit Laughlin and Olivia Allnutt have been researching, investigating, teaching and perfecting the world's most complete stretching method. In the world of physical therapy, we deal with all kinds of tissues—muscles, tendons, ligaments—but one that doesn’t always get the attention it deserves is fascia. Fascia is a bit like the mysterious cousin at family gatherings: everyone knows they're important, but nobody’s quite sure why. Well, it’s time to shed some light on fascia and why fascia release techniques are such a game-changer in physical therapy. What Is Fascia, Anyway? Let’s start with the basics. Fascia is the connective tissue that encases and weaves through every structure in the body—muscles, bones, nerves, blood vessels, and even organs. It’s like a body-wide spider web, ensuring everything stays connected, supported, and in place. Fascia is also highly adaptable, able to stretch and move with the body. But, when fascia becomes tight or restricted (due to injury, inflammation, or prolonged stress), it can cause a ripple effect of discomfort, pain, and limited mobility. Think of fascia as a body-wide sweater: when one part of the fabric bunches up or tightens, it pulls everything else with it, leading to areas of tension far from the actual source of the problem. This is why fascia release is such a critical tool in physical therapy—it addresses the "whole sweater," not just the visible problem areas. The Role of Fascia in Movement and Pain Research has shown that fascia plays a key role in proprioception (our awareness of where our body is in space) and movement efficiency. In simple terms, healthy fascia allows for smoother, more coordinated movements. When it’s tight or damaged, it restricts movement and can trigger pain. Fascial adhesions, or restrictions, can develop for several reasons—whether from injury, surgery, poor posture, or repetitive motion. These restrictions can limit range of motion and create compensatory patterns in the body, leading to further issues. Physical therapists often see this in clients who come in with joint pain or muscle tightness that seems resistant to standard treatment. In many cases, it’s the fascia that’s the silent culprit. The Science of Fascia Release Now, let’s get into the nitty-gritty: how does fascia release actually work? Fascia release techniques—whether performed manually or with tools—aim to break down adhesions and restore the fascia’s natural elasticity. When a physical therapist applies sustained pressure to an area of tightness, they are effectively "stretching" the fascia, allowing it to release its grip on the underlying structures. Science suggests that this process works on both mechanical and neurological levels. Mechanically, sustained pressure breaks down the collagen fibers in the fascia, allowing the tissue to reorganize and soften. Neurologically, fascia release can reduce pain signals and improve proprioception, helping clients regain proper movement patterns. Common Techniques in Fascia Release Myofascial Release (MFR): One of the most widely used techniques, MFR involves applying gentle, sustained pressure to areas of fascia tightness. The key here is time—fascia responds best to slow, steady pressure rather than quick movements. This technique helps soften and lengthen the fascia, reducing tension throughout the body. Instrument-Assisted Soft Tissue Mobilization (IASTM): Tools like Graston or Gua Sha are often used to perform fascia release more precisely. These tools allow therapists to detect and treat fascial restrictions more effectively, promoting improved blood flow and faster tissue repair. Foam Rolling and Self-Myofascial Release: Physical therapists often recommend self-care strategies like foam rolling to help clients maintain fascia health between sessions. Foam rolling works by applying targeted pressure to fascia, improving blood flow, reducing adhesions, and encouraging tissue recovery. It’s a little like ironing out the wrinkles in that body-wide sweater. Active Release Techniques (ART): ART combines manual therapy with movement. The therapist applies pressure to a specific area of tightness while the client actively moves the body part through a range of motion. This dynamic technique helps release fascial adhesions while also retraining the body’s movement patterns. While Kinesio Taping isn’t a primary fascia release technique like myofascial release, it can complement other therapies and support long-term outcomes by promoting healthy fascia dynamics. Benefits of Fascia Release in Physical TherapySo why should fascia release be a staple in your treatment toolbox? The benefits are significant: Pain Reduction: Releasing fascial adhesions reduces tension and eases pressure on nerves, helping to alleviate chronic pain conditions. Improved Mobility: As tight fascia is released, clients experience improved range of motion and greater ease of movement. Better Muscle Function: Healthy fascia allows muscles to glide smoothly, improving overall function and performance. Faster Recovery: By promoting blood flow and tissue repair, fascia release can speed up recovery from injuries and surgeries. The Takeaway? Fascia is much more than just "packing material" for the body—it’s a vital structure that influences everything from movement efficiency to pain levels. As physical therapists, understanding and utilizing fascia release techniques can make a world of difference in our clients’ outcomes. So the next time you’re working with a client who seems to have a mystery pain or limited mobility, remember the role fascia plays. By incorporating fascia release into your treatment plan, you’ll be addressing the body as a whole, helping your clients move better, feel better, and, ultimately, get back to doing what they love. Myofascial Release: What is fascia and how can Physical Therapists help to get you moving? First a little background on what fascia is and what it does for you. Fascia is connective tissue that creates a link between your joints, surrounds your muscles and is integrated into your ligaments and tendons. Fascia allows you to know how your body is moving because of free nerve endings and pressure receptors within it. Due to this high level of innervation, it is also a possible source of pain. These properties can protect us from injury when they are working properly. However, these same properties can also be responsible for abnormal movement patterns that can lead to injuries when not working properly. When an injury occurs, these fascial layers tighten up or become fused by scar tissue causing pain and poor movement patterns. The more frequent the poor movement patterns, the more the layers tighten up, which causes the fascia to become dense. This restricts blood flow which decreases the fascia’s ability to stretch and to produce adequate muscle activation. This creates a cycle that tends to lead to persisting pain. Now that we are on the same page about what fascia is, let’s talk about how physical therapists can help reduce pain, improve blood flow, and correct those abnormal movement patterns! All of our physical therapists at Hulst Jepsen Physical Therapy are trained in a variety of hands on techniques to address issues with the myofascial system. This gives us several tools in our toolbox to help restore normal function. At Hulst Jepsen Physical Therapy, we believe manual therapy is a vital part of your treatment and recovery. When we use these hands on techniques, we can affect the amount of blood flow between the layers as well as the flow of hyaluronic acid between the deep fascial layers and the muscle. You can think of hyaluronic acid like the WD-40 of our tissues. If we can help that system function properly, your body will move through normal movement patterns and absorb the loads placed on it through your normal daily activities. So what are some of the tools in our toolbox to effect this system? Let’s start from the surface and work our way down to the deeper tissues. Myofascial Release: This will typically be a physical therapist using their hands to assess the tissue while asking the patient questions to get a sense of how they are responding and to determine if the tightness they are feeling corresponds to the pain the patient is reporting. With years of experience physical therapists get very good at palpating tissues for tension, temperature, and color and correlating that with patient’s complaints. In PT school while practicing our palpation skills, we would first feel a coin underneath a towel and determine by feel what it was exactly: quarter, dime, nickel and heads or tails. We do the same with tissues to determine if the tissue is elastic or firm, if the tissue has tight bands in it that feel like ropes or guitar strings, or if it feels like leather. This can tell us how chronic the issue is and how limited the flow of blood and hyaluronic acid is. Our hands are our most important tools and we will use them to check and recheck the tissues as we work on it. Cupping: You have probably seen the pictures of Michael Phelps with large circles on his back during the Olympics. That was an aggressive form of cupping creating those circular marks where the blood was pulled toward that tissue. Olympic athletes tend to go to the extreme and want interventions to be as strong as possible. Even though there is nothing wrong with being that aggressive, we tend to be gentler with our cupping. We use cupping as a tool to lift up the shallow layers (skin and superficial fascia) to allow better movement of the deeper layers underneath. The skin will turn pink with the increased blood flow and occasionally you will get some small red marks where the layers were more bound together prior to cupping. Kinesiotaping: There are several different brands of tape but the idea is the same for all of them. These tapes can stay on the skin for more than a day and allow the tissue below it to move more freely. It also gives your fascial system some input on how that part of your body is moving as you go about activities throughout your day. At times, a physical therapist will use tape to complement the work they did with your tissues during your PT session. This may allow you to continue a sport or activity, or just move during your day more consistently. It may also relieve some pain allowing your body to rest which is an important part of the healing process. Graston Technique or Instrument Assisted Soft Tissue Mobilization: This technique utilizes a shaped instrument (typically metal) that can specifically target difficult myofascial adhesions or areas of dense scar tissue. Instruments are more helpful for dense scar tissue than with traditional myofascial release or cupping. These unique instruments can provide additional feedback about tissues to both the physical therapist and the patient. Like cupping, you do not need to be aggressive for it to work well but some redness is expected as part of the feedback from the instrument. Active Release Technique: With this intervention, we help your muscles and tissues move throughout its full range of motion. We target our depth and tension to a specific structure and move that tissue from a shortened position to a lengthened position. By targeting the tension and allowing the patient to aid in the desired motion as much as possible, the tissues are more prone to relax, accept the stretch, and move through a larger total range of motion. Patients will commonly state that this technique feels like a strong stretch but it pinpoints their painful tissue specifically. Dry Needling: This technique targets muscles that produce pain by inserting a thin solid filament needle through the skin and fascia directly into the muscle you want to treat. The advantages of dry needling over the other techniques is that it can treat parts of the myofascial system and deeper muscle layers that our hands and fingers cannot reach. We can also utilize electrical stimulation directed through the needle to relax or even to re-train that muscle to contract more effectively. This can reduce pain and create channels within those layers to improve blood flow and allow your body to move more freely. Our physical therapists love to educate our patients about their conditions and marvel at the complexity of how our body works. We also love to share ideas with colleagues and continue to learn from each other as we strive to provide you the best care. We truly are fearfully and wonderfully made and it is a blessing to share our knowledge with everyone who trusts us with their care every day. If you are experiencing pain or suffering from an injury, be sure to contact us at 616.827.3010 to set up a free consultation at any of our 15 locations and learn about how physical therapy can help you! Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. 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