

# What is Myofascial Release (MFR)

Myofascial Release (MFR) is a gentle, hands on, manual therapy, that is focused on reducing areas of chronic pain and restrictions in movement, by finding and treating myofascial restrictions. Restrictions are sometimes referred to as: knots, trigger points, adhesions, tight areas, etc.

Your fascial system is an important part of your bodies success in staying healthy, pain free and moving!

## What is your fascial system?

- Tough bands of elastic connective tissue composed of collagen and a viscous fluid
- Has a stretch component to it, to allow for movement.
- Encapsulates all of the body's tissues. For example - blood vessels, organs, muscles, tendons, ligaments, bones, nerves and so on.
- Provides stability and protection.
- Composed of superficial layers of fascia (ones closer to the surface of your skin) and deeper layers (ones deeper in the body).
- Looks like a spider's web in the body!

## What happens when myofascial restrictions occur?

- The fascia cannot move as well or at all
- Deeper layers of fascia lose their elasticity and start to clamp down on surrounding structures
- Inflammation and pain occur
- The tissues become hard like cement
- Postural and movement dysfunctions occur

## What does a MFR practitioner do?

- Assessment of body mechanics in standing, lying and seated positions.
- Hands on palpation to find and feel for tight bands or restricted movement in the tissues.
- Biomechanical assessment of joint mechanics
- Identify restricted areas of priority and treat

## What to expect during my first appointment?

- A full health history will be taken and reviewed together. Concerns and medical conditions are discussed and reviewed at this time.
- A full body assessment in standing, lying and seated positions in loose comfortable clothing is performed.
- A treatment plan is created based off this assessment, discussed with you and administered.
- Treatments are hands on direct skin, that involve gentle, sustained pressure and holding of restricted tissues. Clients are suggested to wear loose/comfortable shorts and their undergarments for assessments and treatment purposes.

## What do MFR practitioners work on?

Each treatment will vary, depending on your individual results from assessments, but could include some or all these areas:

- Head/Face
- Neck
- Upper chest – Arms: shoulders, elbows, wrist, hands
- Spinal column
- Ribs, Sternum
- Abdominal region
- Pelvis: Buttocks, hip bones, legs, knees, ankles and feet
- Breast are not treated by the practitioner, but guidance can be given to clients on how to self treat if indicated.

**How will I feel after my MFR appointments?**

Each MFR session is working on superficial to deeper layers of your fascial system. Releases can occur anywhere within the fascial system, to help relieve and ease pain and movement dysfunctions. Sometimes when these areas of restrictions are release, the body can experience healing symptoms, such as: lighter, freer in your movements, less to no pain, tired, lethargic, achy, sore, quiet, emotional and so on. No one set of symptoms is defined to an MFR session. You may feel some, none or all of them! Being gentle with yourself after a treatment and allowing the healing to take place over the rest of your treatment day, is always helpful in allowing optimal function to come back in any manual therapy practice.

**How long are treatment sessions?**

Initial appointments for assessment are 1 hour in length and subsequent sessions range from 30, 45 and 60 mins long.

**How many treatments will I need till I see improvement?**

As each of us are individual, treatment plans are created during the initial assessment and ongoing. Depending on how well your body responds and recovers to treatment, treatment plans can last a few weeks to a few months. Ultimately, it is based off how your body heals and incorporates the healing, to determining how long and often you come in. This is discussed between your MFR practitioner and yourself, each appointment, to see how you are progressing.

**Do I need a referral to see an MFR practitioner?**

No, you do not need a referral.

**Is MFR covered by OHIP?**

No, MFR is not covered by OHIP.

**What other modalities compliment MFR?**

Osteopathy, Reiki, massage, yoga, naturopathic medicine, acupuncture, are just a few of the modalities that work well with MFR treatments. If you are curious about adding any of these to your current treatment protocols, please discuss them with your current practitioner.

## **Emer Rea is a Myofascial Release, Reiki, Cancer Exercise Specialist and Yoga practitioner - Joining the Healing Foundations team in March**