

Myofascial Release Therapy

Myofascial release therapy is a type of gentle, extended massage pressure combined with stretching that releases tightness and pain throughout your myofascial tissues. The word, “Myo” means muscle. “Fascial” refers to the connective tissue that covers and supports the muscles throughout your entire body. During myofascial release therapy, your therapist doesn’t focus specifically on your muscles. They focus on releasing tension in your fascial tissues which thereby affects your muscles and entire system.

Your therapist will first locate knots, bumps, or nodules in your fascial tissues (trigger points). Then, they’ll gently apply extended pressure and stretching techniques. The pressure will be applied slowly to lengthen your fascial tissues. Your therapist will knead and stretch your fascial tissues repeatedly. When they feel the pressure and tension release, they’ll move on to another area.

What is fascia?

You can think of fascia like a spider web. The stringy tissue is densely woven throughout your muscles, bones, nerves, arteries, veins and organs. Your fascia is one continuous structure throughout your body. Each part of your body is connected to it in some way. That’s why if there’s a snag in the tissue in one part of your body, it can cause pain in another part of your body.

Normally, fascia is flexible and stretchy. But it’s strong. It provides structural support to your body and protects your muscles. Fascia is usually able to move without any restrictions. When your body experiences any kind of trauma, your fascia loses its flexibility. It becomes tightened and more rigid. The tightness can lead to pain and loss of motion, which can affect your quality of life.

Tightened trigger points can restrict your muscle and joint movement. You may have pain at the site of a trigger point or widespread pain throughout your body. Myofascial release therapy focuses on releasing the tension in these trigger points.

Benefits of MFR

Pain management: Soreness reduced, and your tissues start to recover.

Increased movement: The range of motion in your muscles and joints improve.

Improved circulation: Your blood and oxygen move more efficiently throughout your body.

Relaxation: Helps your body relax and loosen knots.

Stress management: Tension throughout your body released.

Individuals who have experienced the following may benefit from myofascial release therapy.

Physical trauma: From incidences such as falls, car accidents or whiplash.

Scarring: From conditions such as frozen shoulder, burns or surgery.

Inflammation: From conditions such as bursitis, osteoarthritis, or plantar fasciitis.

Compressed nerves: From herniated disks or carpal tunnel syndrome.

Repetitive stress injuries: From heavy lifting or poor posture.

Myofascial pain syndrome: Myofascial pain syndrome causes pain in your connective tissues.

Carpal tunnel syndrome: Carpal tunnel syndrome is a condition that causes pain, numbness and weakness in your hands and wrists.

Low back pain: Low back pain is caused by strain to the muscles and tendons in your back. It causes a decrease in the motion and flexibility of your spine.

Temporomandibular joint (TMJ) disorder: TMJ occurs when the muscles around the joints of your jaw become inflamed.

Fibromyalgia: Fibromyalgia is a long-term (chronic) illness that causes muscle and joint pain.

Chronic migraines: Chronic migraines cause frequent throbbing headaches.