

## MYOFASCIAL RELEASE INFORMATION FOR NEW PATIENTS

Myofascial release (MFR) is a technique used by physical therapists to relieve pain and improve physical function. The theory of MFR requires understanding of the fascial system (or connective tissue).

The fascia is a specialized system of the body that has an appearance similar to a wool sweater. Fascia is densely woven, lining and covering nearly every muscle, nerve, artery, vein and even the internal organs (heart, brain and spinal cord). Fascia is not just a system of separate coverings, it exists from head to toe without interruption. In this way, you can begin to see that each part of the body is connected to every other part of the entire body by the fascia, like the yarn in a sweater.

Fascia also plays an important role in the support of our bodies, since it surrounds and attaches to all structures and provides a constant pull to help achieve stability. Bones can be thought of as tent poles, which cannot support the structure without the constant support of the guide wires (or fascia) to keep the proper amount of tension to allow the tent (or body) to remain upright with proper equilibrium.

In the normal healthy state, the fascia is relaxed and wavy in configuration. It has the ability to stretch and move without restriction. With trauma or inflammation, the fascia loses a little of its pliability. Trauma includes fall, whiplash, surgery, or just poor habitual posture over time has a cumulative effect. Changes in the fascial system then influence the skeletal framework for our posture. Fascia can exert excessive pressure producing pain and restriction of motion, in turn affecting flexibility and our ability to withstand stress or strain.

The use of MFR allows us to look at each patient as a unique individual. Therapy sessions are hands-on treatment sessions where therapists use an arsenal of MFR techniques and movement therapy as well as traditional modalities of physical therapy. We promote independence through education in postural awareness, and individualized instruction is offered to each patient.

\*As adopted from John Barnes seminars.

**The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.**

### Stone Oak Location

19260 Stone Oak Parkway, Suite 107, San Antonio, TX 78258  
210.545.9355/fax 210.545.9369

### Medical Center Location

5282 Medical Drive, Suite 550, San Antonio, TX 78229  
210.593.0774/fax 210.593.0707

[www.mypri.net](http://www.mypri.net)