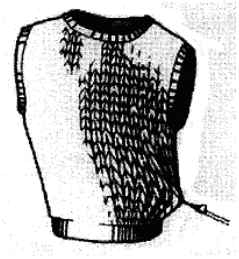
PHYSICAL THERAPY
AT BRIARCLIFF & JEFFERSON VALLEY, P.C.

Myofascial Release and How It Can Help You?

Myofascial Release is a safe, gentle and consistently effective hands-on procedure that produces positive and long lasting results. Sustained pressures are applied into myofascial restrictions to eliminate pain and head-aches, and to restore motion.

Understanding the theory related to Myofascial Release requires a basic explanation of the fascial system, which supports and connects the muscles and inner organs of the body. More precisely fascia is tough connective tissue that spreads throughout the body in a three dimensional web from the head to the feet, without interruption. Trauma or inflammation often binds this web, resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and organs.



Since standard testing procedures such as X-rays, CAT scans and MRI do not disclose fascial restrictions, it generally is agreed that an extremely high percentage of people suffering with pain, headaches or lack of motion may have fascial problems that are undiagnosed. The fascial system, which has an appearance similar to a spider's web or the yam of a sweater, inter-penetrates each and everybody structure and continues uninterrupted from head to toe.

In its normal, healthy state, fascia is relaxed and wavy in configuration it has the ability to stretch and move without restriction... When people experience physical trauma or inflammation, however, fascia loses its flexibility; it becomes very tight and can be a source of tension for the rest of the body. Consequently, the effects of traumas related to such causes as a fall, whiplash, surgery, or habitual poor posture are exaggerated because the fascial system exerts excessive pressure, which produces pain, headaches and restriction of motion.

The Myofascial Release approach allows the therapist to look at each patient as a unique individual. The sessions are composed of hands-on treatments that include a multiple of Myofascial Release techniques, as well as specific therapeutic exercises. The goal is to restore a patient's muscular freedom, so therefore enjoy a pain-free active lifestyle.