

Myofascial Release

Free yourself and Enhance your Life

Fascia is a touch connective tissue, which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, bone and/or organs. Since, many of the standard tests, such as x-rays, CT scans and MRIs do not show fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems that go undiagnosed.

**Are you tired of hurting? Are you tired of being tired?
Are you frustrated with temporary results from other treatment methods?**

The John F. Barnes' Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. The essential "time element" is key to this form of myofascial release; techniques are generally held for 5 minutes, which has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly allows a viscoelastic medium (fascia) to elongate. The John F. Barnes Myofascial Release Approach® is safe, cost efficient and consistently effective. Fascial restrictions can exert tremendous tensile forces of 2,000 pounds per sq. inch on the neuromuscular-skeletal and other pain sensitive structures when restricted, creating the very symptoms that many patients experience.

Myofascial Release techniques are utilized for a wide range of symptoms and diagnoses, such as pain, movement restrictions, spasm, scoliosis, menstrual and pelvic pain and dysfunction, headaches, TMJ pain, sports injuries, acute and chronic pain, fibromyalgia, chronic fatigue syndrome, and surgical scarring and pain.

It is felt that each time we experience a trauma, undergo an inflammatory process or surgery the fascia becomes restricted, causing a tightening and loss of flexibility and motion. These powerful restrictions begin to pull us out of our three-dimensional alignment with gravity.

The principles of Myofascial Release are totally unique and may be different than what you learned in the past, such as muscle tightness and weakness are the cause of mechanical problems resulting in pain.

Myofascial Release provided at Carpenter Physical Therapy is a physical therapy wellness service and falls under the NYS requirements for P.T., which requires a referral from a medical provider, MD, NP or PA if treatment continued 30 days beyond your first appointment. The referral should be for Myofascial Release.



Myofascial Release Pricing:

Evaluation: \$200.00
Follow-up Sessions: \$160.00

Optional Add on:

Amethyst Infrared BioMat during session: \$15
BioMat during session and 30 minutes following session: \$30



60-minute session: 50 minutes of 1:1 time with patient and 10 minutes or required documentation of progress and coordination of care. (completed by your provider.)

What to expect:

Your first visit requires a physical therapy evaluation. Your therapist will do a mechanical assessment to determine where your fascial restrictions are. This visit will consist of the evaluation and a shortened treatment session. The fascial restrictions and source of pain are not generally where you experience your pain, so your therapist may be working on areas of your body outside of the region of your pain. Treatment will consist of a whole-body approach. You may experience pain or sensations in different regions of your body during treatment, this is normal and expected. Feel free to discuss with your therapist. Although, myofascial release is a gentle form of treatment that facilitates the natural healing wisdom of the body, it is normal to experience pain during treatment. Tell your therapist to “ease up” or “halt” at any time.

What to wear:

Fascial restrictions are best released through direct contact on the skin, so please wear loose fitting clothing.

Hydration:

Our bodies are made up of a tremendous amount of water. The fascia consists of microtubules carrying this water. Proper hydration is a key to optimizing your treatment. Unless, advised otherwise by your therapist, you should drink $\frac{1}{2}$ your body weight in pounds, in fluid ounces per day. (i.e., a 150 lb person should drink 75 ounces of water per day) Proper hydration consists of water + minerals/electrolytes. Ask our staff about minerals and electrolytes.

Music:

To enhance your treatment focus, your therapist will likely play music during your session. You are welcome to discuss the music preferences with your therapist.

Movement during treatment:

You may feel the desire to stretch or move during the treatment session, this is expected and encouraged. Your therapist will support and guide this movement, if necessary, to keep you safe on the treatment table.

Therapeutic pain:

You may experience pain during or following your treatment. This is normal and not a concern as long as you let your body guide the movement and you do not force any movement. [See article on Therapeutic pain by John F. Barnes, PT.](#)