

# Myofascial Release

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Myofascial Release (MFR) is fast gaining recognition as the missing link in traditional healthcare. It is pioneered in the US by A Physical Therapist called John F, Barnes who has trained over 50,000 therapists in his approach. Whilst MFR has existed in various forms for approximately 50-60 years scientific research and the use of electron microscopes has enabled therapist to refine this work and understand the nature of the fascial system and the important role to plays in health.

As the journey into the human body continues new discoveries are being made to highlight the likes of MFR as a primary treatment for physical and emotional pain and discomfort. Dr Ervin Laszlo's book 'Science in the Akashic Field', Lynne McTaggart's book 'The Field' and Dr James Oschmans book 'Energy Medicine in Therapeutics and Human Performance' all discuss the nature of the human body, it's electromagnetic qualities and information that the entire organism of the human body acts as one and not separate as previously thought. Dr Lazlo states that the living organism is not a mere biochemical machine but a living organism, dynamic and fluid with all components in instant and continuous communication, could he be describing the fascial network?

Myofascial (pronounced Myo fashal ) is derived from the Latin words 'myo' for muscle and 'fascia' for band. Fascia, sometimes called fibrous bands or connective tissue, is a 3D continuous web of microscopic hollow tubules that extends without interruption from the top of the head to the tip of the toes. Within these hollow tubules are continuous fibres of elastin and collages surrounded by a fluid called the ground substance. This network also provides the instant and continuous communication between each and every cell of our body that Dr Lazlo describes.

Fascia surrounds, infuses and protects every other tissue, tendon, muscle, bone, ligament and organ of the body. In healthy conditions the fascial system is relaxed and wavy in configuration. This provides a cushioning and supportive mechanism allowing us to move safely without restriction or pain. Collagen and elastin, fascias 2 main components, allow it to be very strong yet have a high degree of flexibility. Fascia is also dynamic in nature, it responds to internal and external forces applied on it meeting the resistance in order to protect.

Following all physical and emotional trauma and through poor posture, fascia scars and hardens in the affected site and along the tension lines imposed on it. This causes the fascial network to lose its cushioning mechanism and internal structures become pulled out of alignment. This in turn creates an abnormal pressure, up to 2,000 pounds per square inch, crushing nerves, blood and lymphatic vessels and further creating tension on adjacent pain-sensitive structures and those along the fascial pull.

Fascia can be described like a 3D sweater, when the fascial network is traumatized it is pulled and twisted out of alignment rather like a pull in the sweater. Therefore, if the fascia has tightened creating bands of tension 3 dimensionally throughout the body resulting in symptoms distant to the injury then all the appropriate localized treatments will produce limited or temporary results.

Fascial restrictions do not show up on CAT scans, MRI's or X Rays therefore many patients are suffering unresolved physical and emotional pain due to undiagnosed fascial trauma. Conditions are a label for a symptom. Traditional healthcare treats the symptom, MFR with it's whole body approach treats the cause at the deepest level.

MFR is a whole body, hands-on approach to healthcare treating any and all physical and emotional pain and discomfort. MFR Therapists are taught to feel and stretch slowly into the fascial network. Collagen means glue producer so therapists are taught to feel for this glue like texture which when dense, thick or hard defines a fascial restriction. The MFR technique is very different to that of massaging muscles, tendons and the ligaments of the body. A time component also exists, coupled with the fluidity of the therapists hands in applying pressure and moving through each and every fascial restriction. The time element is a vital factor, the fascia cannot be forced as it will naturally meet that force in return. Hence the MFR therapist provides a sustained, gentle, pressure for a minimum of 90 to 120 seconds allowing the fascia to elongate naturally and return to it's normal resting length restoring health and providing results that are both measurable and functional.