

Myofascial release link

Myofascial release is the therapeutic application of gentle pressure applied to body tissue called fascia. Fascia is a tight three dimensional connective tissue that spans from head to toe. Often trauma, posture, or inflammation can create a binding down of fascia resulting in constriction on muscles, blood vessels, and organs. It is thought that a large number of patients go undiagnosed for fascial problems because diagnostic tests such as xrays, CT scans, and MRI do not show fascial restrictions. Myofascial release has been proven as an effective treatment approach to decrease pain and increase function.

Myofascial release can treat:

- Back pain
- Neck pain
- Chronic pain
- Headaches
- Carpal tunnel
- Fibromyalgia
- Pediatrics
- Sports injuries
- Restricted motion
- Chronic fatigue syndrome
- CVA
- Neurological Dysfunction

For more information visit www.myofascialrelease.com