

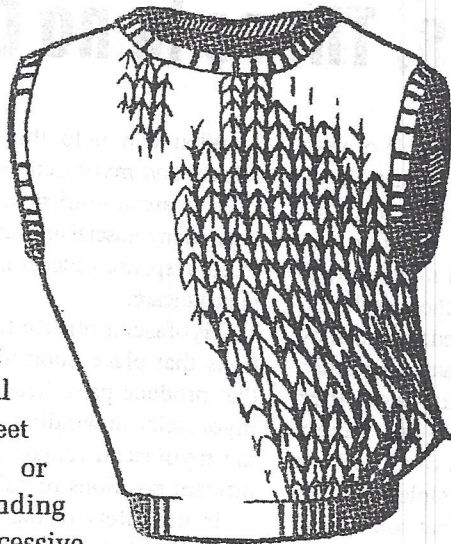
WHAT IS MYOFASCIAL RELEASE™?

The John F. Barnes' Myofascial Release approach is safe, gentle and consistently effective in producing positive and lasting results. Myofascial Release™ is a very effective *hands on* technique which provides sustained pressure into myofascial restrictions to eliminate pain, headaches and to restore motion. The theory of Myofascial Release™ requires an understanding of the fascial system (or connective tissue).

Fascia is a tough connective tissue which spreads throughout the body in a three dimensional web from your head to your feet without interruption. Trauma or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since all of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc., do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain, headaches and/or lack of motion may be having fascial problems, but most go undiagnosed.

Fascia is a specialized system of the body which has an appearance similar to a spider's web or a sweater. Fascia is very densely woven, covering that interpenetrates every structure of our body. The fascial system is not just a

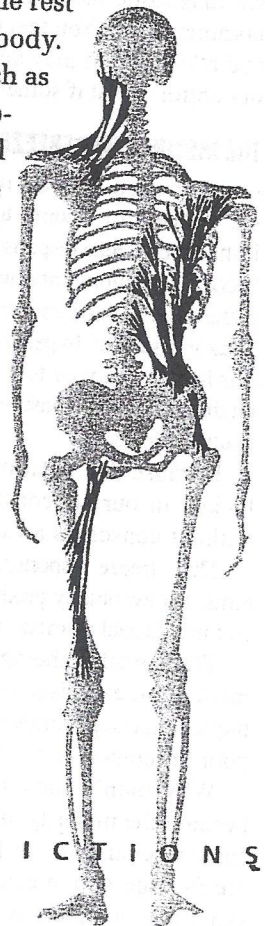
system of separate coverings; it is actually one uninterrupted structure which exists from your head to your feet. In this way you can begin to see each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.



In the normal healthy state, the fascia is relaxed and wavy in configuration. It has the ability to stretch and move without restriction. When we experience physical trauma or inflammation, however, the fascia loses its flexibility. It becomes very tight, and can be a source of tension to the rest of the body.

Trauma, such as a fall, whiplash, surgery or just habitual poor posture over time has a cumulative effect. The fascia can exert excessive pressure producing pain, headaches and/or restriction of motion.

Myofascial Release™ allows us to look at each patient as a unique individual. Our therapy sessions are *hands on* treatments during which our therapists use a multitude of Myofascial Release™ techniques and movement therapy. The goal of Myofascial Release™ is to restore the individual's freedom, so they may return to a pain free, active lifestyle.



MYOFASCIAL RESTRICTIONS

COMMON QUESTIONS

QUESTION: What is Myofascial Release?

ANSWER: Myofascial Release is a gentle, safe and highly effective whole body hands-on approach to treatment. It

- provides sustained pressure into myofascial restrictions
- utilizes a variance of pressure from heavy to light
- eliminates pain and headaches and restores motion
- deepens the relaxation response
- is the ultimate mind-body healing approach



QUESTION: What is fascia?

ANSWER: Fascia

- is a tough connective tissue
- spreads throughout the body in a 3-dimensional web
- travels head-to-toe uninterrupted
- acts as a shock absorber in the body

QUESTION: What is Myofascial Restriction?

ANSWER: Myofascial restriction

- is tight hardened fascia (connective tissue web)
- occurs following injury, repetitive microtrauma, stress, inflammation, poor posture and scarring
- progressively tightens over time if left untreated
- does not show up on any of the standard tests done today (MRI, CAT Scan, EMG, X-Ray)
- is the underlying cause of most chronic pain problems that have not responded to traditional medical or surgical intervention

QUESTION: What can I expect from Myofascial Release?

ANSWER: A hands-on session of gentle, therapeutic bodywork.
Myofascial release.....

- helps many people overcome long term (5-20 years) chronic pain problems even after they were told that they have to live with it, that it was "in their head," or "that there is nothing that can be done for them."
- has very good success helping the following problems:

** Back Pain*
** Neck Pain*
** Headaches*
** Migraines*

** Fibromyalgia*
** TMJ Problems*
** Sports Injuries*
** Sciatica*

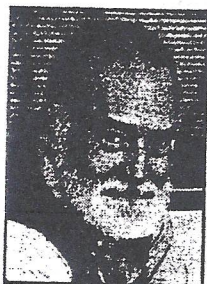
** Chronic Fatigue Syndrome*
** Disc Problems*
** Menstrual Problems*
** Scoliosis*

- *has helped many people improve their ability to function during various activities such as: sitting, walking, standing, driving, household chores, computer work, lifting, bending, reaching, gardening, athletics, work, and leisure activities
- *also helps many people learn how to "self-treat" their problem to decrease pain and restore flexibility

MIND & Body

By John F. Barnes, PT

Without Awareness, There is no Choice!



Imagine you were injured a couple of years ago. You received on-going therapy in the form of hot packs, ultrasound, massage, electrical stimulation, exercise and flexibility training, joint mobilization and muscle energy techniques, medication and psychological counseling to no avail. All of the standard tests show nothing and you desperately want to get better.

You've been given a multitude of different diagnostic labels and all the experts are telling you there is nothing wrong. You feel imprisoned in a body that won't respond and allow you to play and work again. You feel helpless and out of control. What if something was overlooked? What could it be?

THE INSTINCTUAL "FREEZE RESPONSE"

When many of us are injured, we go into a state of disassociation at the moment of trauma to survive. Our body/mind experiences an instinctive "freeze response" and this positional, physiological memory becomes indelibly imprinted into our mind/body awareness. The sympathetic and parasympathetic autonomic nervous systems become stuck in a state of hyper arousal that is not under our voluntary control. It is like having your foot on the accelerator of a car and the other foot on the brake. This consumes an enormous amount of energy and eventually exhausts us.

Because this positional memory becomes disassociated and locked in our subconscious, we have no awareness of it and without conscious awareness, we have no control of it.

This "freeze response," over time, creates holding or bracing patterns that eventually produce increased chronic muscular tone, spasm, and myofascial restrictions that eventually become symptoms.

Traditionally, therapy focuses on symptoms, explaining why modalities, exercise, joint mobilization and muscle energy techniques, massage and/or medicine can, many times, only produce poor or temporary results.

Why didn't good psychological counseling help? Possibly because the majority of psychological therapy is done in consensus consciousness. In other words, "talk therapy" and analysis are focused on the conscious level and the cause of the chronic symptom complex is on the instinctual level, which is not accessed by words and analysis, or for that matter by traditional therapeutic interventions or medicine.

What can help this state of disassociation? Myofascial release and myofascial unwinding.

Myofascial restrictions do not show up in any of the standard tests, so myofascial restrictions that solidify these chronic holding or freeze response patterns in our bodies are missed or misdiagnosed in healthcare.

Myofascial release frees these powerful, structural restrictions that place enormous pressure upon sensitive structures that produce pain, headaches and restrictions of motion. And myofascial unwinding (the motion facilitation component of the myofascial release approach) guides the patient into significant positions of past traumas.

In the safety of the therapeutic environment, the therapist gently holds the patient in these significant positions of past trauma. In these therapeutic positions, the patient's tissue memory releases the instinctual bracing patterns. The "freeze response" is then deactivated, which allows for continued structural release and elimination of symptoms.

The release of tissue memory creates awareness to return the patient to conscious choice and control of his or her destiny. The patient can then progress toward the ultimate goal of healing and health.



Myofascial Release can resolve the instinctual "bracing patterns" that impede progress.

John F. Barnes, PT is the owner of the Myofascial Release Treatment Centers in Sedona, AZ and in Paoli, PA (suburban Philadelphia) in addition Barnes presents Myofascial Release Seminars across the country and in Canada. He has published 2 books and produced three videos on his Myofascial Release Approach for more information on Treatment Centers, Seminars, or Merchandise please call 1-800-FASCIAL or write to MFR Seminars 222 West Lancaster Ave. Paoli, PA 19301 or visit our website @ www.myofascialrelease.com