

Testimonials

"Myofascial Release has improved my quality of life beyond measure. After many years of suffering with debilitating pain, I am now nearly pain free, thanks to Leanne. When I feel my pain returning, I self treat and apply the principle she taught me."-Jennifer W.

"I never even realized how much pain I was living in! My pain had just become a part of my everyday life. With learning about how fascia can store junk from our past, I quickly became a believer. My treatments seem to be addressing something so much deeper than just a sore leg. Julie taught me how to trust my body and I became more aware. I could never thank Julie or Myofascial Release enough".-Theresa D.

Services:

One hour treatment: \$85

Two hour treatment: \$160

Multiple hands treatment (2 therapists):
\$150 per hour

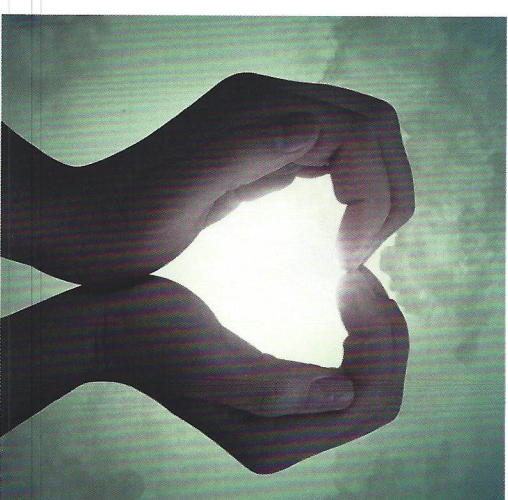
For more information on John F. Barnes and the John F. Barnes Myofascial Release Approach, please visit www.myofascialrelease.com

About Us

Leanne Lafuze, PT, is an Expert Myofascial Release practitioner. She has received training in all of the John F. Barnes Myofascial Release courses available, having completed over 700 hours of course training in addition to 17 years of private practice. Leanne has been an assistant instructor for the John F. Barnes courses over the past 11 years. Leanne works with all populations and specializes in pediatrics.

Julie Dryden is a Licensed Massage Therapist and Intermediate Myofascial Release Practitioner. She attended massage therapy school and has and continues to attend the John F. Barnes Myofascial Release Approach seminars. She has been practicing at her private clinic since 2014 and has been receiving Myofascial Release Treatment since 2001. Julie works with all populations.

Julie and Leanne have always dreamed of creating a space where others could begin a healing journey of their own. This clinic is the fruition of those dreams come true.



Indy Myofascial Release

Your Journey Begins Here

Indy Myofascial Release
8770 Commerce Park Place
Suite E
Indianapolis, IN 46268
indymf.com

(317) 322-1300

Without Awareness, There is NO Choice

When we are injured, we go into a state of dissociation the moment of trauma or perceived trauma to survive. Our sympathetic and parasympathetic autonomic nervous systems become stuck in a state of hyper arousal (fight or flight) 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.

Our mind/body experiences an instinctive "freeze response" and this positional, physiological memory becomes dissociated and indelibly imprinted into our mind/body awareness, locked into our subconscious awareness.

Without conscious awareness, there is no choice to get better/heal.

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

Myofascial Release frees these powerful, structural restrictions that place enormous pressure upon sensitive structures that produce pain, headaches and restrictions of motion.

One aspect of MFR is Myofascial Unwinding. Unwinding guides the patient into significant positions in space of past traumas creating awareness and a conscious choice

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 is a gentle hands on approach that helps you connect with your true self, your Essence.

What is Fascia?

Fascia is a tough, connective tissue which runs throughout our entire bodies in a three-dimensional web from head to toe. Trauma, posture and inflammation can create the fascia to "bind down" resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. These fascial restriction go unseen on such standard tests, such as x-rays, therefore suffering people will often go undiagnosed.

What is Myofascial Release?

John F. Barnes' Myofascial Release Approach is a safe and very effective hands-on technique that involves applying gentle, sustained pressure into the fascial restrictions to eliminate pain and restore motion. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate. This approach is considered to be a wonderful mind/body treatment that works with the body. It provides long-lasting results.

Myofascial Release Treatment

- Adhesions
- Back Pain
- Carpal Tunnel
- Chronic Pain
- Chronic Fatigue Syndrome
- Fibromyalgia
- Headaches
- Jaw Pain (TMJ)
- Neck Pain
- Myofascial Pain Syndrome
- Scars
- Sciatica
- Scoliosis
- Vertigo
- Whiplash

Women's Health Myofascial Release

- Pelvic Floor Pain and Dysfunction
- Urinary Incontinence, Urgency and/or Frequency
- Problematic Breast Implant/Reduction Scars
- Vulvodynia
- Mastectomy Pain
- Endometriosis
- Infertility Problems
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Adhesions
- Coccygeal (Tailbone) Pain
- Episiotomy Scars
- Painful Intercourse

