

## MFR for Babies and Children

- Abnormal Muscle Tone
- ADHD
- Ankyloglossia (lip and tongue ties)
- Anxiety
- Autism
- Birth Trauma
- Cerebral Palsy
- Colic
- Ear Infections
- Eating and Feeding Issues
- Headaches
- Hydrocephalus
- Nursing Difficulties
- Movement Dysfunction
- Reflux
- Sensory Processing
- Scoliosis
- Sleep Issues
- Spasticity
- Spina Bifida
- Tics
- Tongue and Lip Tie (frenectomy)
- Torticollis
- Trauma (generalized)

## Testimonials

"Our little guy has improved by leaps and bounds, and he is finally taking three bottles of at least 3 ounces each every day! Yay! Thank you so much for all you have done for our family! It has truly made a world of difference for our little guy!" K.L.

"My daughter has been doing great! She has been nursing wonderfully and she's even had major improvement with her neck. Thank you so much for all your work with her! I don't know what we would have done without your help!" J.M.

"Friday my son started to feed without the arching, and he was calm, and relaxed!" A.H.

"His sensory score has improved from 72-definite dysfunction last year to 56-average this month!! And 30 points on his fine motor test! I can't thank you enough for your help!" K.G.

"She is gaining weight like a champ, and I have zero issues or pain it's been going really well. You are pretty much our miracle worker!" D.R.

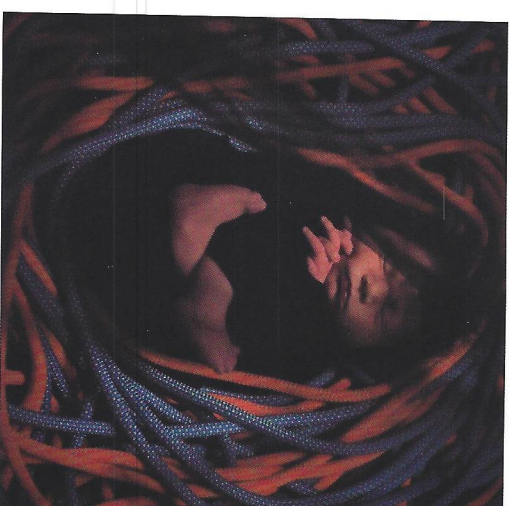
## About Us

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.

## MYOFASCIAL RELEASE INFANTS AND CHILDREN



## Indy Myofascial Release

### Your Journey Begins Here

Indy Myofascial Release

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## Fascia Begins at Conception

Fascia begins to form at conception! Although mothers have been birthing babies for thousands of years, fascial restrictions may develop from a variety of situations. Several factors that may impact a child's fascia include:

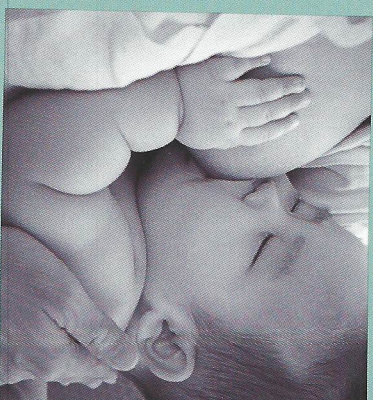
- Position in utero
- Mother's stress level during pregnancy
- Medications taken during pregnancy
- Use of medical instruments to induce or assist in labor
- Birth trauma, physical/emotional trauma
- Falls or accidents (both mother and child)
- Preference for sitting, laying or nursing in a particular position
- Physical, emotional and/or sexual abuse
- Sensory processing

## 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 restrictions go unseen on standard tests, such as x-rays, therefore many people will often go undiagnosed.

## How can Myofascial Release Help My Child?



Children who have experienced illness or trauma may have difficulty functioning with daily life skills. These children may have difficulty eating, talking, walking, sleeping, processing sensory input and /or socializing with their peers.

Children with fascial restrictions may have difficulty regulating their emotions and may appear to be "hyperactive" and/ or "non-compliant", sometimes resulting in behavioral issues.

Myofascial Release can help these children open up restricted areas to help them live a much healthier and happier life. If you feel good in your body, you are more likely to feel good about life!

## What to Expect in a Myofascial Release Treatment

To access the fascia, the Myofascial Release (MFR) therapist works directly on the skin. Your child will wear shorts or a diaper. If your child is uncomfortable without clothes, the therapist can access the skin under the clothing. MFR is a light load over a long period of time and is never forced. Your child's therapist will evaluate the tissue and work in areas that are restricted (tight). If necessary, oral work may be performed to access cranial restrictions. It is not unusual for your child to cry during his/her session. The therapist will always work with the family at their comfort level. Release of emotions are a normal aspect of MFR.

## What to Expect After a Treatment

After a Myofascial Release treatment, the body needs time to process and integrate the changes that occur during the session. Occasionally this integration may present as an exacerbation of symptoms before they improve and your child may be emotional after treatment - these responses to treatment are very normal.

