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What is fascia?

Fascia is a tough connective tissue which spreads throughout the body in a three dimensional web from head to foot without interruption. The fascia surrounds every muscle, bone, nerve, blood vessel and organ of the body, all the way down to the cellular level.

What is a fascia restriction and how does it cause pain?

A fascia restriction is a malfunction of the fascial system due to trauma, posture, or inflammation that can create a binding down of the fascia, resulting in abnormal pressure on nerves, muscles, bones, or organs. This enormous pressure acts like a "straightjacket" on muscles, nerves, blood vessels and osseous structures producing the symptoms of pain, headaches, and restriction of motion, and disease. This can create pain or malfunction throughout the body, sometimes with bizarre side effects and seemingly unrelated symptoms. It is thought that an extremely high percentage of people suffering with pain and /or lack of motion may be having fascial problems; but most go undiagnosed, as the importance of fascia is just now being recognized. All of the standard tests, such as x-rays, myelograms, CAT scans, electromyography, etc., do not show the fascial restrictions.

What is myofascial release (MFR)?

Myofascial release (MFR) is a technique that engages the fascia at the restriction barrier. The fascia restriction is held under soft, but firm pressure that moves with the tissue as it releases. MFR does not tear through tissue, but instead engages the fascia and follows its

movement throughout the release; in effect, unwinding and untwisting the tissue. This release of fascia pressure in turn releases the muscles, nerves, and joints. The body's tissue is never forced, so MFR can never injure.

How is MFR different from other therapies such as massage, physical therapy, and ART?

The myofascial perspective is that symptoms are only the tip of the iceberg. A MFR session will look at the symptoms, but follow the body's tissue towards the source. This means that every session is customized to your body's needs each time. MFR differs from other therapies because it NEVER uses FORCE. The connective tissue is too strong to be pushed. Other therapies such as massage, ART, and some forms of physical therapy engage the elastic and muscular component but the collagenous fascial barrier. This means you get temporary results that can plateau.

Who can MFR help?

Just about anyone. Everyone has experienced tissue trauma at some point in their life. It's called living. We all have slipped and taken a fall, or perform repetitive motion such as typing. The only difference is we all don't always listen to our bodies. How many times have you gotten a bruise and have no idea what or when you bumped into something. Overall, MFR is good for helping restrictions in movement, joint problems, fibromyalgia, headaches, organ dysfunction, chronic pain, and so much more. The beauty of MFR is that the more your body releases the overall healthier and better functioning it becomes.