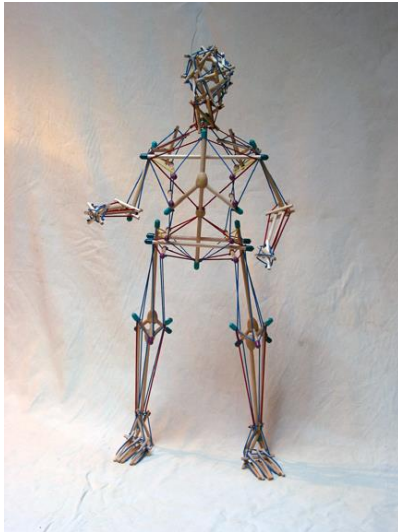


Myofascial Release (MFR) technique

'Myo' means muscle and 'fascia' means band. Fascia surrounds, infuses and protects every other tissue, tendon, muscle, bone, ligament and organ of the body. In healthy conditions the fascial system is relaxed and wavy in configuration. It is suggested that fascia, like muscle, has the ability to contract and relax and plays a major role in mobility and stability of joints. It acts as a tensegrity (tension and integrity) model:



Following all trauma and through poor posture, fascia scars and hardens in the affected site and along the tension lines imposed on it. This causes the fascial network to lose its cushioning mechanism and internal structures become pulled out of alignment.

Even though the patient may not feel much happening the experienced therapist can actually feel the fascial restrictions, where they go to and subsequently feels the release of those restrictions during the session.

The professional and amateur sports persons or athlete can suffer from a myriad of injuries, stresses and strains. These people may wish to incorporate MFR into their regular training schedule.