

What is Myofascial Release?

MFR is great for treating scar tissue and restrictions in motion. It works very well on chronic pain – headaches, pelvic problems, Women’s health issues, incontinence, imbalanced musculature and the list goes on. The three components of John Barnes Myofascial Release are Structural MFR, Myofascial Unwinding and Rebounding.

Structural MFR has many aspects – Cross hand release, transverse plane release, compression and distraction are the main elements. It requires the therapist to engage the tissue, meld with it then follow where the system is going.

On Unwinding: There is a Panther that roams the area north of Lake Ray Roberts and it passes through my land about once a month. I typically feed the horses in the dark and go to and from the barn in the dark. I have actually gotten pretty good at knowing when the cat is in the area as the hairs on the back of my neck stand up when I get out the back door when it’s around. The horses also have their dander up and are not settled so further reinforce my instincts. I don’t see it every time but I know it’s there. Now you might be wondering what all this has to do with unwinding. The reason unwinding is so important is this very instinct. We have all heard someone talk about “the deer in the headlights” look. It’s a term that describes perfectly the freeze response. We humans have an animalistic instinctual side of fight, flight or freeze built in by Mother Nature to protect us. Socialization teaches us to ignore of our instincts. Yet underneath, we all have this survival mode ready to jump into action to save us. We have all had experiences in life where we were overwhelmed, be that when we were 2 or 22 or yesterday. Overwhelm can be mental, emotional, physical or spiritual – If it is more than we can handle our system stashes it away so we can deal with it later. If the trauma is little and we are fully supported, then often no after affect is held. For example: the little boy falls, he cries, he sees Mom, she’s not concerned but she’s there if she’s needed and he chooses whether to go over for some lovin’ or to go back to playing and life is good (either way). But if the same kid falls with the same situation but he’s already emotionally bothered by (brother, dog, weather, noise ... you name it) and now he looks at Mom and she’s freaked out too – so he freaks out more, well, that’s the stage for overwhelm and the energy is now too much for the system so it gets stored in the tissue and forms a subconscious holding pattern. Now you can go back and make that last sentence about a car wreck, a break up, a surgery, an illness, a war, then extrapolate the “energy gets stored in the system” part to that situation. As we age these energy cysts scar down and lock us out of our full potential. Eventually with enough blockage we start having symptoms. When we have enough symptoms we seek a diagnosis. From there we are given something to address it. Until the subconscious holding pattern is dealt with –the results will be temporary. What we all want is to get back to normal with the ability to handle life and self-correct. That is where MFR comes in. Structural MFR opens the system, Unwinding gets to the emotional blockage and subconscious holding patterns that have us reacting a certain way even though we say we want to change. As we age one can actually see the stuck patterns pulling a person’s posture off centerline. Structural MFR releases the restrictions but it’s the unwinding that frees up the Mind-body complex at a cellular level opening you to your full self and your innate ability to authentically heal. Unwinding cannot be forced. I don’t intentionally unwind anybody. I hold the space and engage the barrier and if you are ready and feel safe your

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subconscious will take over and do what it's up for. Healing is a journey not an event. The past is the past, you can't change it. But you can change how you think about it and how it affects you. Forgiveness is for you, learn to forgive so you have freedom and full access to your own powers. Live the life you want in the here and now.

On Rebounding: We are 70% water and meant to be fluid. As we age we tend to lose flexibility and traditional stretching only temporarily improves things. If you stretch too hard, it actually will cause decreased mobility. Rebounding is used to evaluate or treat tissue restrictions. We put a wave into the system by gently rolling into midline releasing and rolling again. As you get in time with the body the wave, like throwing a pebble into a pond, ripples outward, if the system is free, movement happens easily, where it is stuck the wave gets blocked and there is less movement. At that point you can continue with the wave to treat and sometimes that alone will allow things to loosen or you now know an excellent place to start with structural MFR work. Rebounding can also be done vertically. You can start at the head or the feet or can focus the gentle wave into the Dural tube by using the occiput or sacrum to release tightness in transverse planes; at the nerve sheaths and in the craniosacral system. Jiggling is a rebounding self-treatment. It's fun and easy. Simply turn on music you like and start a gentle jiggling movement up and down. Allow your head and arms to move as they want to. If you wonder if anything is happening after you have been at it for two minutes, stop suddenly, feel the energy around you and through you. This is your essence, trust it to assist you. Release and get back to jiggling. You can allow noise to come up or put a gentle stretching into an arm or your neck to further the release. As with all MFR, begin gently and explore with curiosity as to what you feel. Feeling is healing. Don't judge what comes up, don't get suckered into having a conversation with Channel 5 (mind talk). It doesn't have to make sense or it can make perfect sense. If you will commit to jiggling five minutes a day for two weeks you will be happy with the results. Remember, you are in charge. Listen to your body. Do what you can.

Visit www.LindyPhysicalTherapy.com for a list of conditions effectively treated by MFR. Visit John's website to read more about MFR www.MyofascialRelief.com.