

# Myofascial Release Therapy



**Presented by: Amanda Schaefer, PTA, LMP**  
Physical Therapist Assistant and Licensed Massage Therapist

By blending Myofascial Release techniques with functional exercise, stretching and postural awareness, Amanda helps patients find relief from pain and maximize their functional mobility.



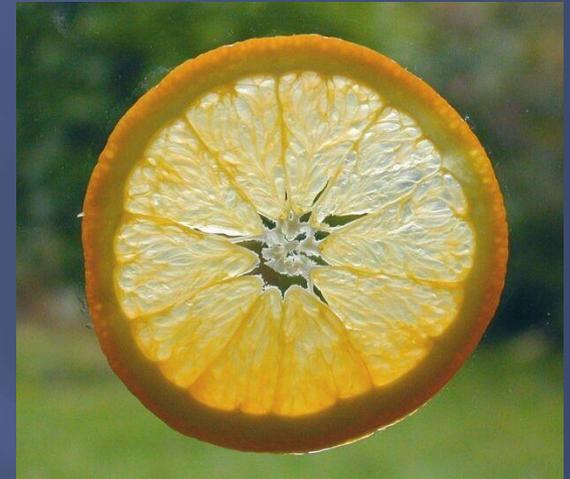
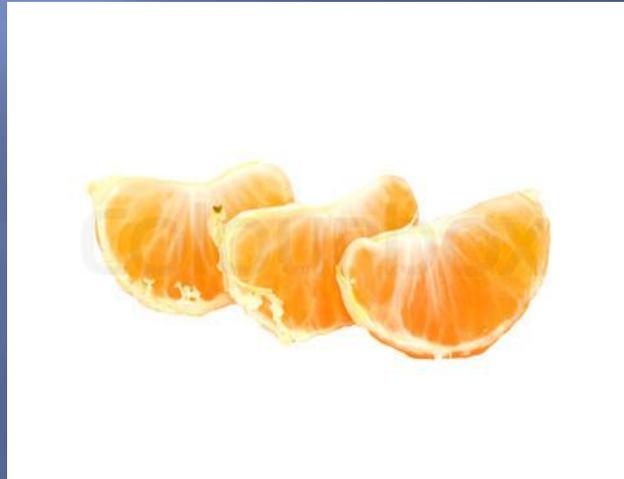
**425-831-2376**  
[www.snoqualmiehospital.org](http://www.snoqualmiehospital.org)

# Fascia Close-Up



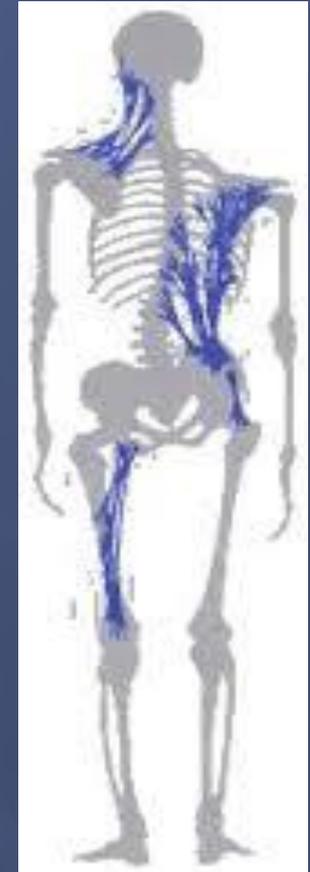
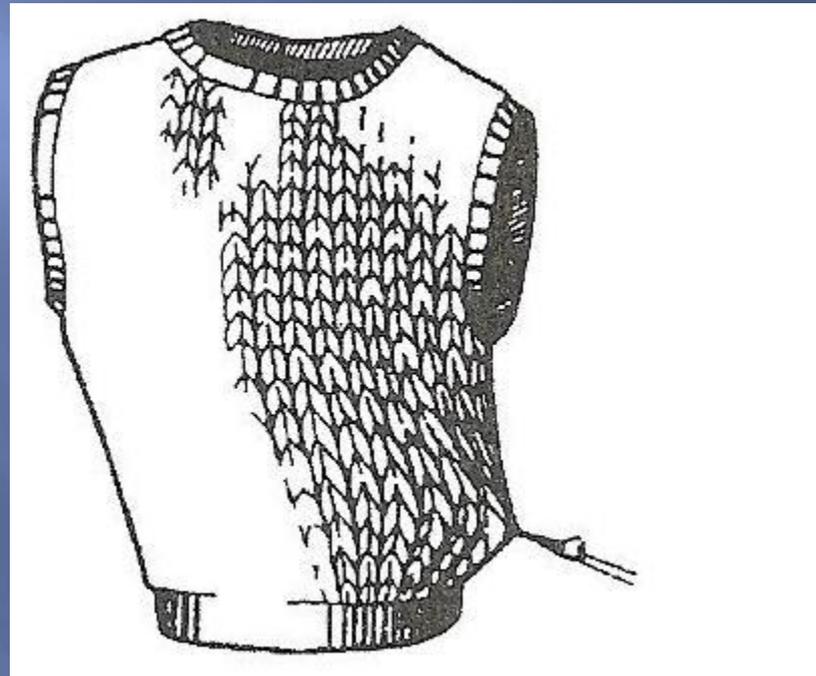
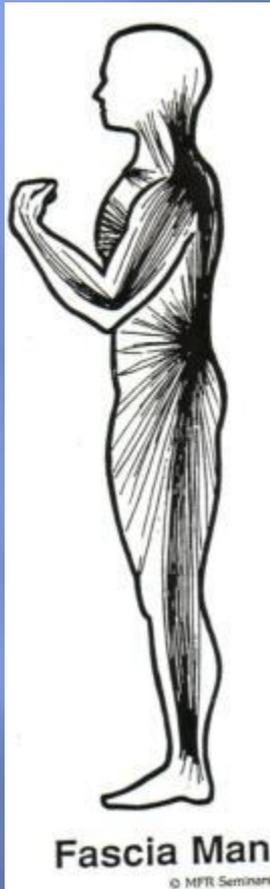
Fascia is the tough membrane that spreads throughout the body in a three-dimensional web from head to toe without interruption. It is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all of our internal organs including the heart, lungs, brain and spinal cord.

# MECHANISMS OF FASCIA:



Myofascial Release is a safe and very effective manual therapy technique that involves applying gentle sustained pressure into the fascial restrictions to eliminate pain and restore motion. A high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but are not diagnosed.

# Fascia Man



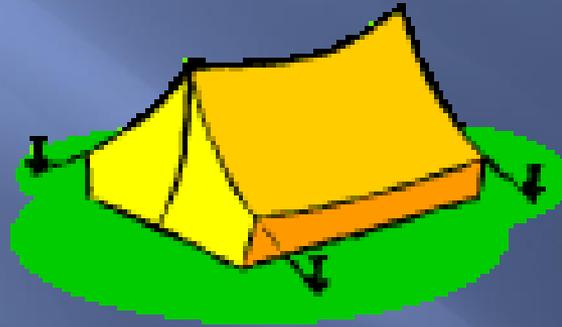
Fascia is a specialized system of the body that has an appearance similar to a spider web or a sweater. It is not just a system of separate coverings. It is one continuous structure that exists from head to toe without interruption. In this way, each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.



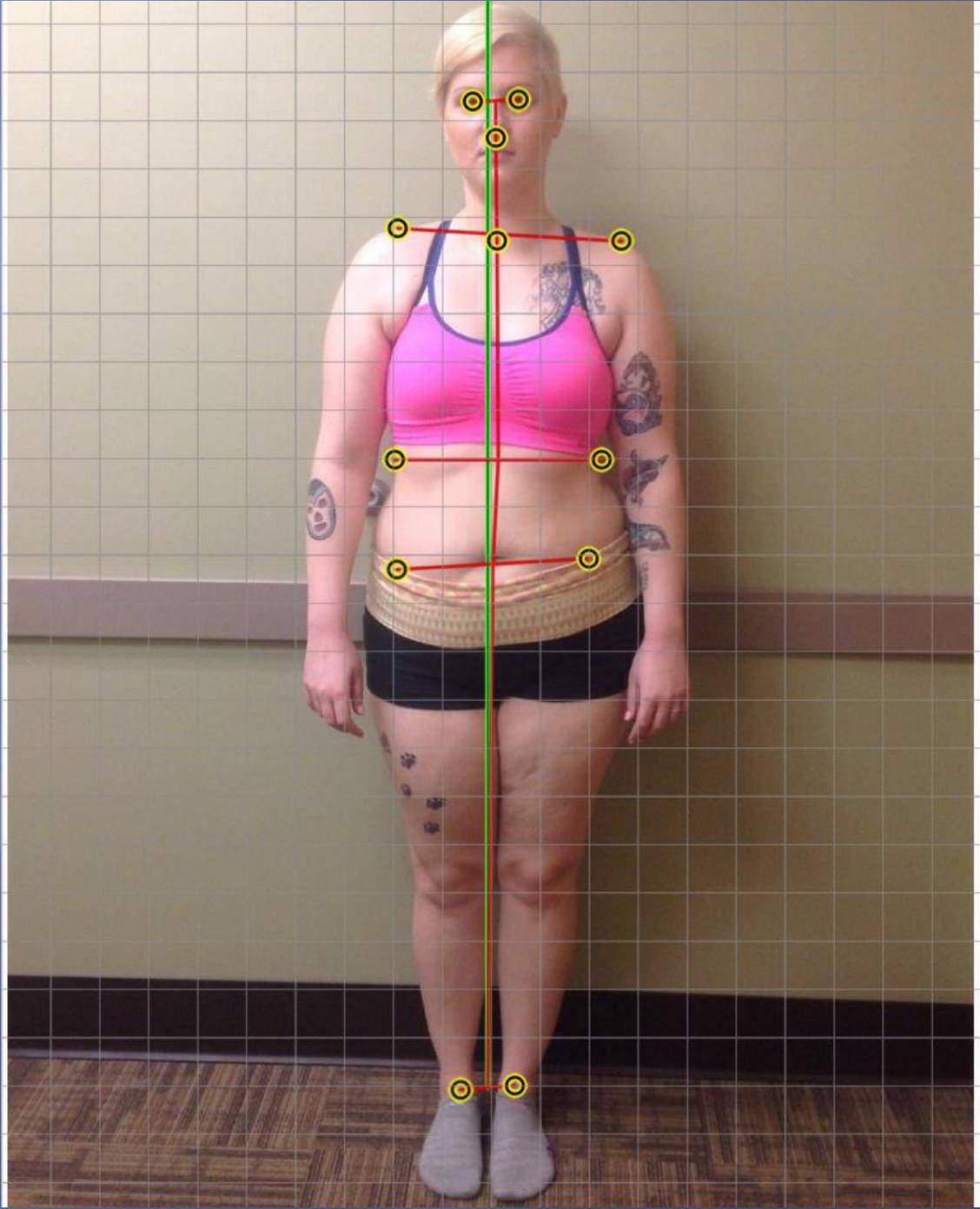
Trauma, inflammation, surgical procedures and/or perpetual postural imbalances create myofascial restrictions that can produce tensile pressure off 2,000 pounds per square inch on pain sensitive structures that do not show up in many of the standard tests.

# Tensegrity

- Without the guylines, the tent would not hold its shape



- When misalignment in the body occurs, a **tensegrity** structure can disintegrate into a compressional structure, in which we commonly call the 'aging process'.



# Interventions

- ▣ Myofascial release
- ▣ Myofascial home exercise program for gravity assisted stretches with and without ball
- ▣ CT Scannogram in supine = 4.4 cm discrepancy
- ▣ Recommended fitting for shoe lift on right
- ▣ Referral to naturopath for small bowel symptoms
- ▣ Referral to Pelvic Floor MFR therapist

## Most recent in vitro & in vivo study

“The ideal pressure and shear to influence the fascia in manual therapy, is to go directly to the restriction at 3% shear and stay there for 5 minutes.”

- The American Journal of the Osteopathic Association 2015, Volume 115 pages 72-82. Author – Cao, et al

# Components

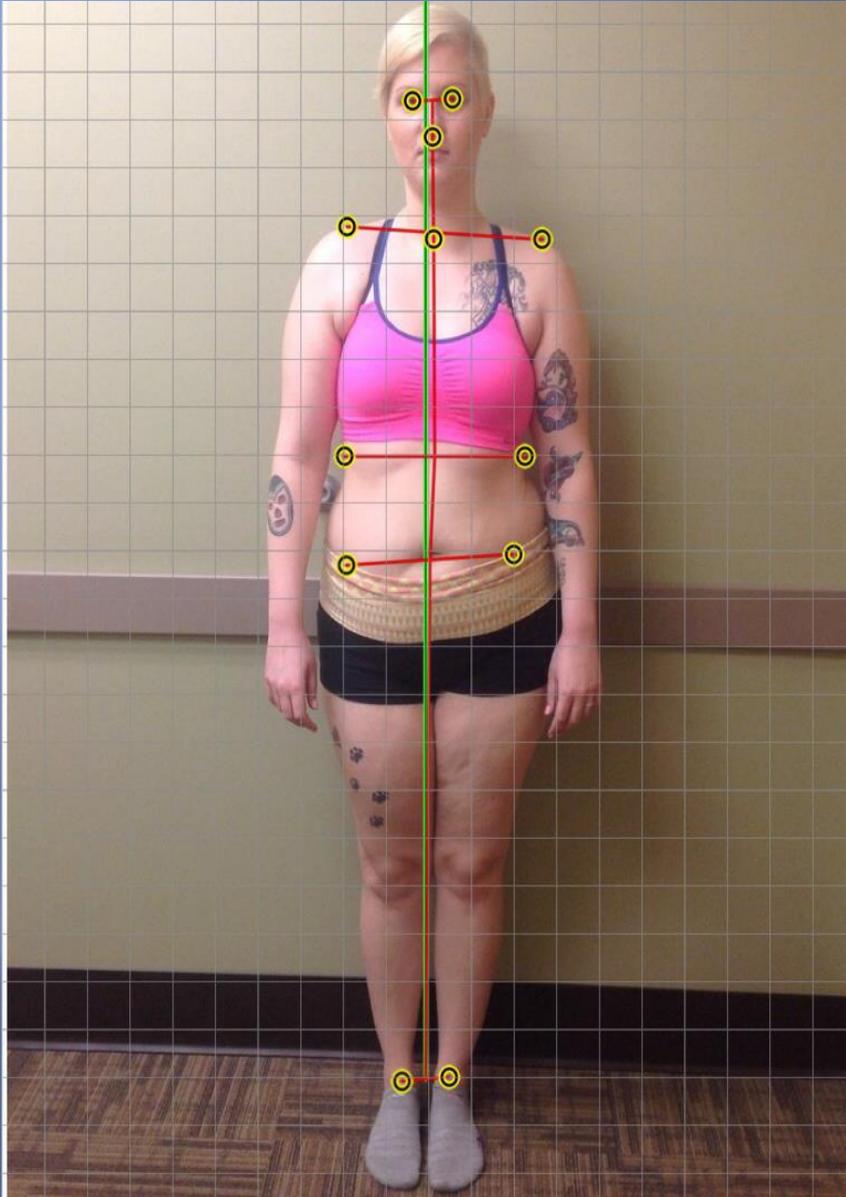
- Each treatment is performed directly on the skin without oils or creams
- Minimal clothing to reveal vasomotor responses
- Direct pressure to palpated fascial restrictions: hot, hard or tender
- Patient provides feedback regarding sensations: stretching, pain, releases throughout the body, etc (pain meds cloud this process)

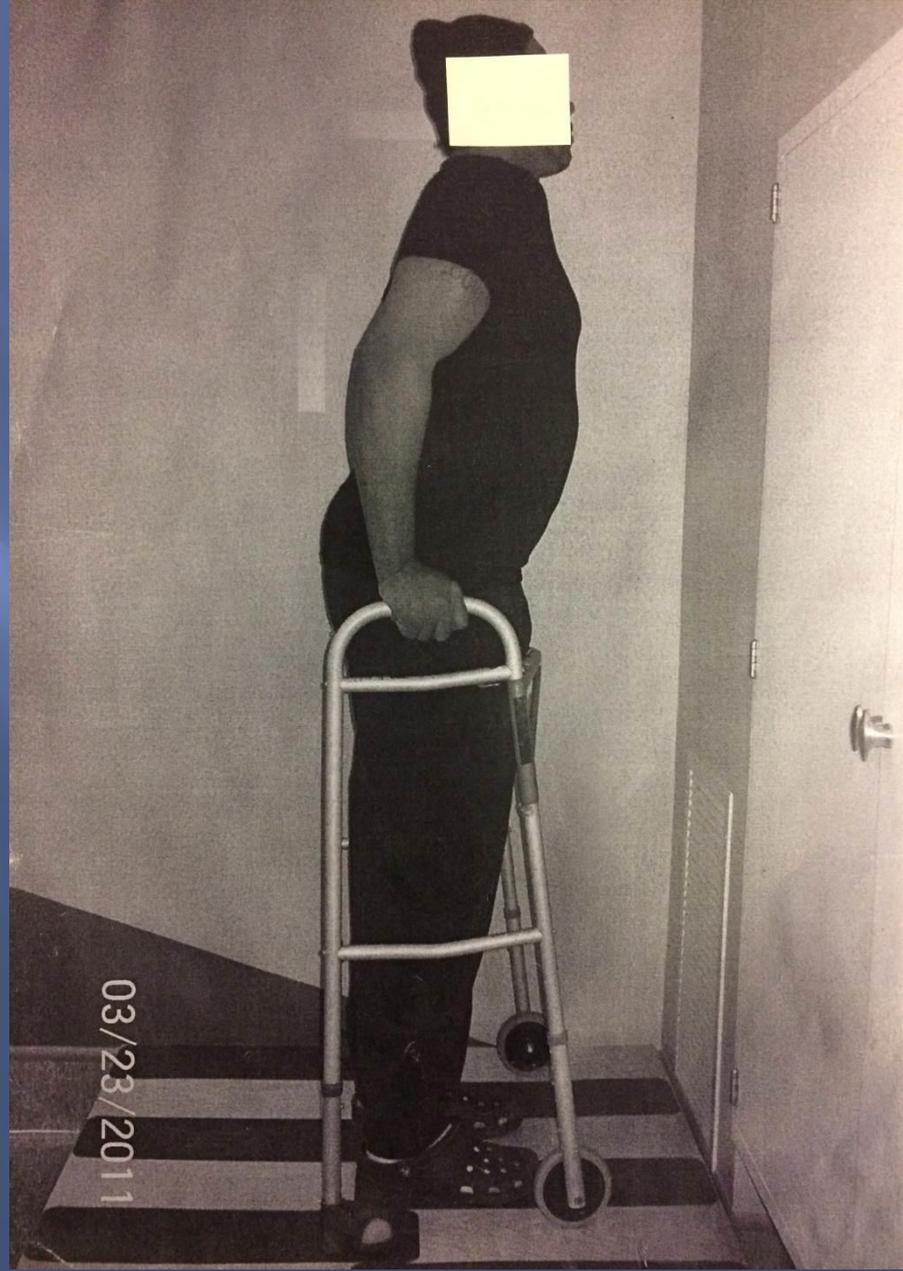
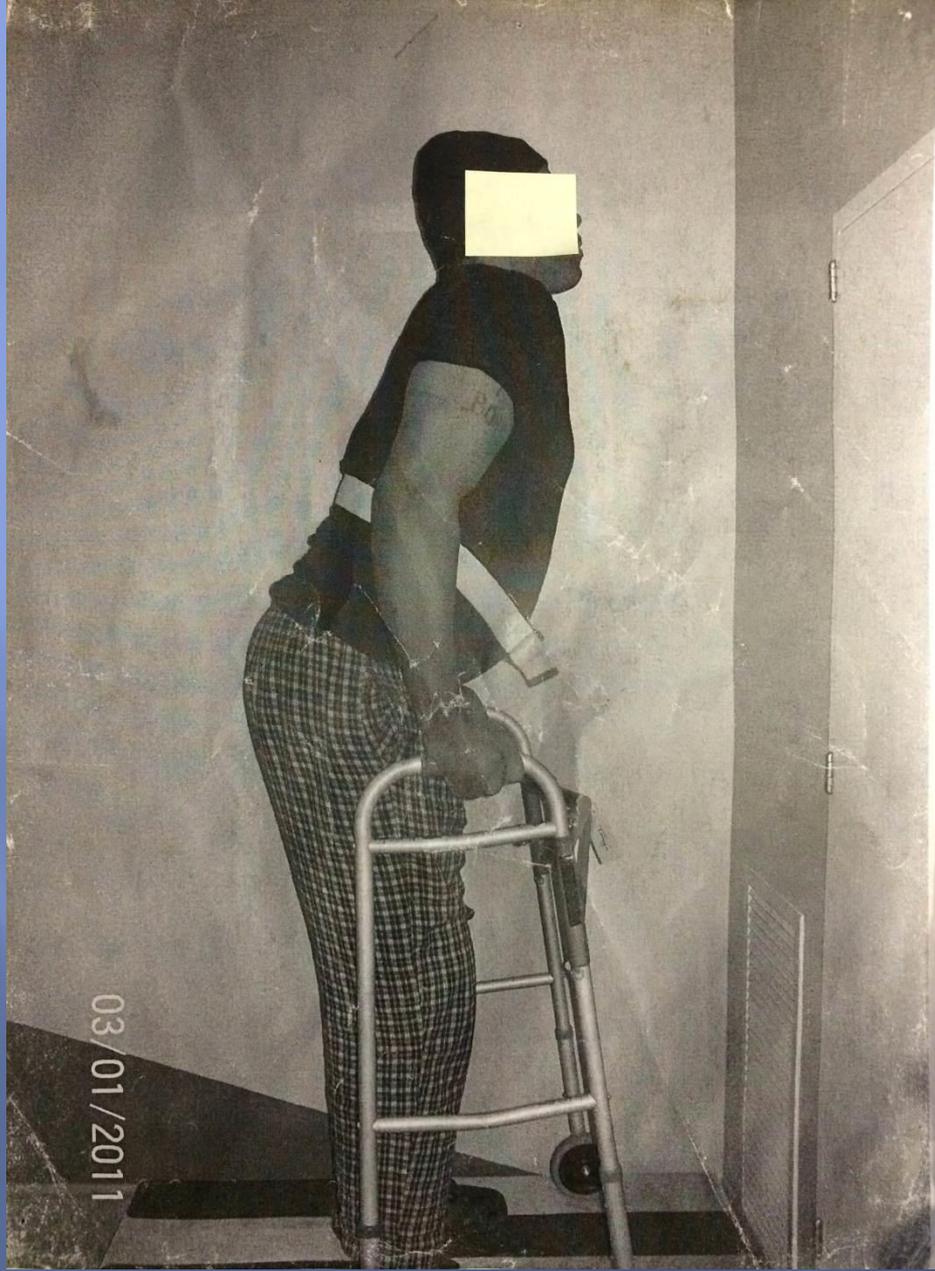
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After 4 months of Myofascial Release therapy.





# Contraindications

- ▣ Avoid direct releases on superficial hardware (i.e. pacemakers)
- ▣ No distraction on extremities of those with hemiparesis
- ▣ Delay scar tissue release until 6-8 weeks following surgery
- ▣ Delay cranial techniques to those with Acute TBI's

# Goals

- ▣ Decrease pain
- ▣ Increase flexibility and range of motion
- ▣ Achieve independence with an home exercise program for stretching and whole body awareness
- ▣ Maximize functional mobility with exercises following reorganization of the fascial tissue – includes traditional Physical Therapy interventions, yoga, pilates, etc

# Who is appropriate?

- ▣ Post surgical patients – those with scar tissue
- ▣ Back Pain
- ▣ Head Aches
- ▣ TMJ
- ▣ Sciatica
- ▣ Numbness & tingling in the extremities
- ▣ PTSD, Fibromyalgia
- ▣ Anyone with a heart beat!

\*\*Beneficial to specifically request Myofascial Release or MFR on PT referrals\*\*

# Contact information

For more information about pain management with Myofascial Release therapy, contact Snoqualmie Hospital Rehabilitation Clinic at 425-831-2376.

Snoqualmie Hospital Rehabilitation Clinic is located inside Snoqualmie Valley Hospital, 9801 Frontier Avenue SE, Snoqualmie, WA 98065.

Each session is a hands-on treatment that includes:

1. Postural assessment
2. Myofascial Release
3. Self-treatment techniques