

# **Bodywork For Wellness**

Manual Physical Therapy & Therapeutic Massage, PLLC

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## **Summer '09 Newsletter**

**The Website is Up and Running!** You can now find bodywork for wellness online. Please feel free to pass this email onto your friends or family who are interested or curious about the type of treatment you are receiving. There is information on all the services that I offer as well as all the seasonal newsletters. The site is located at [www.bodyworkforwellness.com](http://www.bodyworkforwellness.com) ---check it out!

**What Is Myofascial Release?** Many of you know that Myofascial release is a primary arm of my practice and to many people it is a topic about which little is known. So let's start with what is fascia? Fascia is a dense connective tissue that covers and penetrates every muscle, bone, nerve, blood vessel and organ in our body including skin, down to the cellular level. The fascial system is much like a spider web, it runs 3-dimensionally throughout our body with no starting or ending place. Therefore, all parts of the body are connected thru fascia. Fascia is made of *collagen fibers* which are very strong and have only a small amount of give or stretch, *elastic fibers* which have a lot of stretch, and *ground substance* which is meant to be a fluid like gel that surrounds each cell.

When the fascia is in a healthy state it can stretch/glide and move without restriction, its fibers are relaxed and wavy and the ground substance is fluid-like. When healthy, fascia's functions are to shock absorb, compartmentalize our tissues, and support our posture. When we have injuries small or large, like repetitive strains, inflammation, trauma, accidents, poor posture over time –like sitting all day, surgery or scar tissue, the fascial system develops restrictions.

A fascial restriction creates an environment where the fascia becomes tight and can't move/glide without resistance, it can stick to itself or any nearby structure, much like saran wrap, and the ground substance becomes hardened. Pain can be produced from fascial restrictions as they compress on the body's sensitive structures creating pressure, tightness or a drag on the tissues. Pain can be felt near the fascial restriction or very far away since it connects all body parts. When fascial restrictions occur they can exert force up to 2000lbs per square inch. Currently there are no tests, not even X-rays, MRIs, or CT scans that can show fascial restrictions. Therefore the best way to find fascial restrictions is with trained human hands.

Myofascial release is specialized form of full spectrum pressure and stretches that is done directly on the skin to treat fascial restrictions. All true Myofascial release techniques require a hold of 90-120 seconds and may be held up to 5 minutes. The prolonged holds with direct skin contact creates a stretch and heat that allows the fascial restrictions to release and the tissue to elongate, creating a healthier environment for the body. There are many unique things about Myofascial release; one is that it is a whole body approach. Therefore the therapist listens to the symptoms of the client, but also looks at the body to find connections or drags in the system. In Myofascial release the patient is a participant in their care thru awareness of their body's response to treatment. During treatment a client may become aware of an area of the body that is drawing their attention that is not where the therapist is touching. This is known as the fascial voice experience. Since all areas of the body are connected by fascia, when the fascia is put on stretch a client may feel that somewhere else in their body. This shows us another area that is directly connected and needs to be treated. Myofascial release is a gentle but profound treatment for pain and dysfunction. If you or someone you know suffers from pain with no known cause, symptoms that don't follow a classic pattern, or if you are the person that no matter how much you stretch you don't seem to gain flexibility, consider experiencing Myofascial release to create space in your fascial system and reduce unnecessary drag in your body.

If you have a comment or question, or to learn more about Bodywork for Wellness please visit my website or call:

**[www.Bodyworkforwellness.com](http://www.Bodyworkforwellness.com)**

**518-424-6487**

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