



## **(Deep Tissue) Myofascial Release**

Is used to evaluate and **treat** restrictions in the body's contractile connective tissues (muscles) and non-contractile supportive connective tissues (fascia) **by the application of gentle traction, pressures and positioning**. Fascia is a complex supportive web throughout the body affecting all components of the musculoskeletal, nervous and visceral (organ) systems. It surrounds groups of muscle fibers, and entire muscle groups and organs. While it is not contractile, it can be passively elastically deformed. That is how it retains tensions from physical and emotional traumas. It is also involved when a person suffers chronic pain or physical dysfunction. Chronically tense muscles restrict blood flow and fatigue the body. Both fascia and muscle tissues can become shortened if they are improperly used. As well, layers of fascia can stick together. Myofascial release techniques are used to coax muscles in spasm to relax, and break adhesions in the fascia. Bodies respond to these therapies by releasing tension that has been stored in the fascia, thus allowing more functional flexibility and mobility of the muscles, fascia and associated structures. Deep Tissue Massage (Myofascial Release), is used to **release chronic muscle tension** through slower strokes and more direct pressure or friction applied across the grain of the muscles. This invigorating experience is a process of detection of stiff or painful areas by determining the quality and texture of the deeper layers of musculature, and slowly working into the deep layers of muscle tissue. Specific hand positions and strokes are then used to respond to various tissue qualities. Techniques employing breath and movement are also used for releasing muscular congestion.

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