

What To Expect

During Treatment

Myofascial Release is a whole body therapy. The areas of the body that are treated are not always the areas where you are experiencing pain. Due to the interconnectedness of the fascial system, restrictions in other areas of the body can relate to your symptoms and must be addressed for true healing to occur.

Clients should bring comfortable clothing to be treated in like gym shorts and for women a sports bra or bathing suit top. During the treatment, the client may be asked to be aware of the changes and sensations of their body. This aids in the release process and increases the progress of the whole treatment. Since the fascia is interconnected it is common to feel sensations in areas of the body other than the area being treated.

On your first visit, a standard medical history form is to be completed. A postural assessment is done on the first visit and at sequential visits when needed. This is done so that any imbalances in the body due to the pull of the fascial restrictions can be seen.

Communication is very important so that we can work together in your healing process. Every visit we will discuss what you are feeling and the results of the prior treatment. There is a strong focus on self treatment techniques and stretches to do at home to further your progress.

After Treatment

Your body is going through profound changes as the release process continues for several days after the treatment. Therapeutic pain is a normal part of the healing process, as sometimes “good pain” is felt during treatment, this can also occur days after the treatment as the body adapts to the structural changes that have occurred. Therapeutic pain does not always occur, but can manifest as soreness, achiness, light-headedness or nausea followed by a remarkable improvement. Trapped toxins are released, therefore, increasing your water intake will help “flush” toxins from your body.

Emotions are a normal part of life, and you may experience a release of emotion during and after treatment. Allow these emotions to come and play out. Suppressing them will hinder your progress. Enjoy all the positive changes your body is going through.