

# Services

## Myofascial Release

Patients suffering from painful and immobile skeletal muscles are treated with myofascial release, an effective hands-on soft tissue therapy.

The fascia is the thin, elastic connective tissue that supports and protects the human body structures. If it becomes restricted or inactive, pain and tension can result.

Myofascial release involves placing gentle and sustained pressure into the myofascial connective tissue restrictions to reduce pain and restore motion. It is particularly effective in treating patients who have sustained trauma, inflammation and surgical procedures.

It is a highly unique therapy customized to each patient and is conducted in one-on-one sessions involving a wide range of techniques and movement therapy. The therapy is performed directly on the skin without the use of oils or machinery to allow our physical therapists to clearly discover fascial restrictions and apply the proper amount of pressure to facilitate the release of the fascia.