

FAQs

What is Myofascial Release?

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore motion.

Trauma, inflammatory responses, and/or surgical procedures create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in many of the standard tests (x-rays, myelograms, CAT scans, electromyography, etc.)

The use of Myofascial Release allows us to look at each patient as a unique individual. ¹ The application of myofascial techniques and movement therapy help to reduce the pressure of restrictions in the body helping the body to heal. Myofascial Release has profound effects and you are an active part of the journey.

Click the following [link](#) for a partial list of conditions/diagnoses with which Myofascial Release therapy may help. Click this [link](#) for information for your first session.

(¹Excerpts retrieved 9Sep2016 from <http://myofascialrelease.com/about/definition.aspx>)

[Looking for a JFB trained Myofascial Release Therapist in your area?](#)

Can I learn myofascial release activities that I can do between sessions?

Yes. MFR self-care classes are available to help individuals in their healthy journey. Call us to begin participating.

A nice resource to help you with your self-care can be purchased online: [Comprehensive Myofascial Self Treatment - Joyce Karnis, PT \(book\)](#)

Where will my massage or bodywork session take place?

Your massage or bodywork session will take place in a comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Must I be completely undressed?

It is best to work directly on the skin, so clients should bring comfortable clothing for treatment. Loose fitting shorts or swim trunks for men; loose fitting shorts and sports bra or two-piece swim suit for women. It is entirely up to you what you want to wear, you should undress to your level of comfort.

For Reiki sessions, you will remain fully clothed.

Will the practitioner be present when I disrobe?

The practitioner will leave the room while you undress.

Are there different kinds of massage and bodywork?

There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strokes, rocking movement, posture and movement re-education, application of pressure to specific points, and more. Click this [link](#) for some information on Barnes' myofascial release therapy approach and Reiki.

FAQs

What will my session be like?

Sessions begin with a visual evaluation to help determine the root cause of your complaint. The treatment is then tailored to your needs with opportunities for your feedback throughout the treatment. A session may include work on one or more areas of your body, e.g. your back, arms, legs, feet, hands, head, neck, shoulders. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork are most effective when your body is not resisting.

What should I do during the massage or bodywork session?

Prior to the session, feel free to ask the practitioner any questions about the technique or the upcoming appointment. During the session, make yourself comfortable. The practitioner will either gently move you or tell you what is needed (such as lifting your arm). Many people just close their eyes and completely relax, communicating if/when they need more or less pressure, a blanket, or anything else relevant to the session. If you have any questions regarding the session or about the particular technique you are receiving, feel free to ask.

How will I feel after the massage or bodywork session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days.

Some people may have a stronger response. Clients are encouraged to notice their responses and contact the therapist with questions. Some helpful information can be found on [John F. Barnes' MFR site](#).

What are the benefits of massage and bodywork?

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being. Looking for relief for a particular diagnosis or condition? Click the following [link](#) for a partial list. Myofascial Release therapy may help.

Are there any medical conditions that would make massage or bodywork inadvisable?

Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Depending on the condition, approval from your doctor may be required.

FAQs

What is Reiki?

Reiki is a natural healing system designed to assist in healing and achieving balance.

A Reiki practitioner serves as a conduit through whom the Universal Life Energy can be transmitted to the recipient.

What is a Reiki session like?

Your Reiki session will take place in a comfortable, quiet room. You will lie on a table especially designed for your comfort and will remain fully clothed. You may be treated in a seated position or even standing. The practitioner places her/his hands on or near your body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on your needs.

While each person's experience is different, generally people feel relaxed and refreshed after a session.

Can I learn how to do Reiki for myself?

Yes. Reiki is a very simple technique to learn and is not dependent on one having any prior experience with healing, meditation or any other kind of training. All level of Reiki classes are formed ongoing. Please [contact us](#) if you would like to learn.