

Myofascial Freedom

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Perspective

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These days, many therapists find their hands tied, unable to truly help their patients because treatment time is severely limited. Clinicians are forced to spend more time on administrative duties and burdensome paperwork.

The Myofascial Freedom seminar was created from years of utilizing the myofascial release approach, acknowledging the importance of incorporating therapeutic exercise and teaching patients self treatment. When rehabilitation specialists compare the time patients spend performing daily activities versus the amount of treatment time they receive, we can logically rationalize the importance of teaching patients how to continue treatment at home.

Myofascial release and myofascial freedom involves a multidimensional approach and technique. The ultimate goal of treatment is lengthening foreshortened connective tissue, unwinding neuromuscular holding patterns and facilitating structural alignment.

This approach is divided into four aspects of care: First, a full evaluation of the myofascial system. Next, application of myofascial release techniques using an effective, enlightened touch that traces the tissues through an inherent, natural letting go process to create true structural change. Third, by actively including the patient with treatment techniques, therapists can eliminate myofascial neuromuscular time and holding patterns. The final step involves designing an appropriate myofascial stretching and strengthening exercise program to teach the patient. Combining all four phases ensures effective treatment for many common diagnoses.

With this in mind, our seminar teaches three distinct aspects of evaluation and treatment. The Myofascial Freedom seminar starts with a comprehensive introduction to the myofascial release approach. Considered the "passive day," students evaluate and apply myofascial release treatment processes of elongation, passive, positional, structural extension and flexion of the thoracic and lumbar spine and use of fulcrums (such as the physio ball and small and large sensory balls).

The concept of tissue elongation has been shaped by theories of stretching, yet past approaches have been inadequate in explaining and producing lasting changes in tissue length. Traditional stretching wraps and pulls tissue around joint fulcrums. Myofascial release stretches the structures three-dimensionally, telescoping the myofascial tissues and subsequent bony spacers while also practicing the myofascial release time frame of at least 90 seconds to 120 seconds. The application of counter pressures and fulcrums on tissue are some of the major differences between myofascial release and traditional stretching (which tends to only reach the elastic component and not the entire myofascial system).

The second day addresses patient participation while incorporating the evaluation and treatment of adaptive myofascial neuromuscular reflexes and tone. One of the seminar's objectives is ensuring the participant's knowledge of specific and whole body neuromuscular fascial holding patterns,

understanding responses to trauma and teaching inhibition of these patterns through the new myofascial release active treatment and therapeutic exercise.

Teaching patients how to treat themselves safely and effectively will greatly enhance their efforts in decreasing pain, increasing range of motion and achieving independence.

No References