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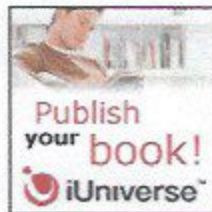
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Our Fascia System - What is it?

by Frances Nicolais, LMTT



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As our understanding of our bodies as a whole unit increases with time and experience, more and more people are turning to alternative therapy vs. traditional medicine. The Eastern philosophy of treating the body as a whole is becoming more commonplace as people continue to suffer from ailments and injuries after traditional treatment has repeatedly failed.

One of the most effective forms of alternative therapy is called "Myofascial Release" [MFR] and is based upon releasing the fascia system as a whole unit, not just the area of pain, injury, complaint or restriction.

Fascia is very densely woven covering, which interpenetrates every muscle, bone, nerve, artery and vein as well as all of our internal organs including the heart, lungs, brain and spinal cord. The most interesting aspect of the fascial system is that it is not just a system of separate coverings. It is actually one structure that exists from head to foot without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.

Fascia also plays an important role in the support of our bodies since it surrounds and attaches to all structures. These structures would not be able to provide the stability without the constant pull of the fascial system. In fact, our bones can be thought of as tent poles, which cannot support the structure without the constant support of the guide wires

About the author



Frances Nicolais, LMTT is the owner of the Kneaded Experience Los Angeles, which has been providing professional, on-site chair massage to businesses and events all over Los Angeles area since 1994. She is a Certified and Licensed Massage Therapist, specializing in Myofascial Release and Trigger Point Therapy. Frances is also a state-certified Massage Therapy instructor, teaching at the Hands-on-Healing Massage School in Tujunga since 1999. She teaches Business Practices & Marketing, Beginning/Advanced Chair Massage, and Beginning/Advanced Myofascial Trigger Points, Nutritional

(or fascia) to keep an adequate amount of tension to allow the tent (or body) to remain upright with proper equilibrium. [from John F. Barnes, P.T.]

Awareness, Fascial Anatomy, and Focus on Fascia (Myofascial Release) for both table and chair massage.

The more traditional form of MFR has many names, including Rolfing and Hellerwork. Although this style of release can be very deep and sometimes uncomfortable, it is effective for releasing the surface fascia and allowing the body to structurally re-align itself and heal the injury or restriction temporarily. Since the fascial system is three dimensional, any fascial restrictions in adjacent areas traumatized by the injury (and they are always there), will still cause pain, symptoms, illnesses, additional injuries, etc., until the fascial system in the body is treated as a whole unit.

John F. Barnes has been training physical therapists, occupational therapists and massage therapists for over 40 years in the systemic form of MFR, achieving results that continue to mystify and amaze the medical community. These therapists have practices all over the world, have a deeper understanding of the fascia system as a whole and will be able to facilitate your true healing.

MFR techniques are utilized in a wide range of settings and diagnoses; pain, movement restriction, spasm, neurological dysfunction (ie, cerebral palsy, head and birth injury), scoliosis, menstrual and pelvic pain and dysfunction, headaches, TMJ dysfunction, geriatrics, sports injuries, pediatrics, chronic fatigue syndrome, fibromyalgia, traumatic and surgical scarring, acute and chronic pain.

If you have a severe illness or injury, there are two Myofascial Release Treatment centers run by John F. Barnes. One is in Sedona, Arizona and one is in Paoli, Pennsylvania. John F. Barnes' website is www.myofascialrelease.com. You can join the email talk-line for free and request the name of therapists in your area from all the MFR therapists and patients in the network.

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