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The Emotional Component of Myofascial Release (MFR) by Frances Nicolais

ABOUT THE AUTHOR



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Our last two articles explained how the fascia system works in our bodies and how MFR can help your specific problems.

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. ... It is actually one structure that exists from head to foot without interruption. ... 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. ... [from John F. Barnes, P.T.]

I'm sure by now you have received many forms of massage from Swedish to Deep Tissue and maybe even Reflexology. However, the most common complaint about most forms of bodywork, is that after a day or two, or even a couple of hours, the body reverts back to it's "normal" state of tension, pain and discomfort.

Here's the reason why:

If you recall our last article on Myofascial Release and how it pertains to your own situation, we discussed how our bodies store the emotional impact of every trauma from childhood to the present in our cells. This creates a pattern of "cellular memories" of each trauma. These patterns dictate how we walk, sleep, stand, sit and generally go about life. Thus, after a time of distorted walking, sleeping, etc., our bodies gradually adjust the fascial system to accommodate these distorted patterns.

These "adjustments" causes fascial restrictions in all manners of "dis-ease" and hence, here comes our present day health problems.

With common forms of massage and bodywork, the muscles are generally addressed, often deeply, which can release and flush out toxins. This is all well and good, but since the fascial system is not addressed, the pain, discomfort and tension returns.

Marketing,
Beginning/Advanced
Chair Massage, and
Beginning/Advanced
Myofascial Trigger
Points, Nutritional
Awareness, Fascial
Anatomy, and Focus
on Fascia
(Myofascial)

With Myofascial Release (MFR), the change can be permanent, if the patient is willing to address the emotional component of their healing.

During a MFR session, your therapist may be holding a position for a significant amount of time to allow the fascial system to release. It takes the fascial system from 90 to 120 seconds to start to release, sometimes even longer. It may seem like nothing is happening until you actually feel a very deep inner release, often in an area that isn't even being "addressed". As restrictions are relieved, you may experience an emotional release, as well. As you release the emotion that was holding that physical restriction, you will find that the restriction is gone – forever.



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However, please remember that participating in MFR work is like peeling an onion. As you release the outer layers, there are plenty of layers underneath to work with. It is the journey, not the destination.

If you would like to find a Myofascial Release Therapist in the Los Angeles area, please visit my website listed below. If you would like to find a Myofascial Release Therapist outside the Los Angeles area, please visit John F. Barnes, RPT's website: www.myofascialrelease.com and go to "therapists".

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