

WEST SIDE WELLNESS, LLC

MODALITY: MYOFASCIAL BODYWORK

This work gently breaks down fascial adhesions to relieve pain and restore normal movement. Fascial tissue wraps all your muscles and weaves throughout your body in a continuous web. Layers of myofascial tissue can become adhered (“stuck”) because of injury, chronic holding patterns, or surgery. Adhesions block circulation, causing pain, limited movement and inflammation. Effective with specific pain, chronic pain, old and new injuries, work-related pain, overuse, and athletic issues.

From the American Massage Therapy Organization:

“In simple terms, fascial therapy stretches the fascia and can be used anywhere there are fascial restrictions... For example, massage therapists might use a crosshand technique, stretching the fascia in opposite directions and combining sustained pressure and stretching to decrease pain and increase range of motion. Or, they may focus on easing trigger points and adhesions to enhance flexibility.” / <https://www.amtamassage.org/articles/3/MTJ/detail/2684>

Contrary to belief, myofascial work doesn't have to hurt to be effective. Unlike the gliding movements of a relaxation massage, myofascial work is slow and focused; we sink into the fascia and wait with the tissue until it releases.