



# How Myofascial Therapy can Benefit You and Your Patient

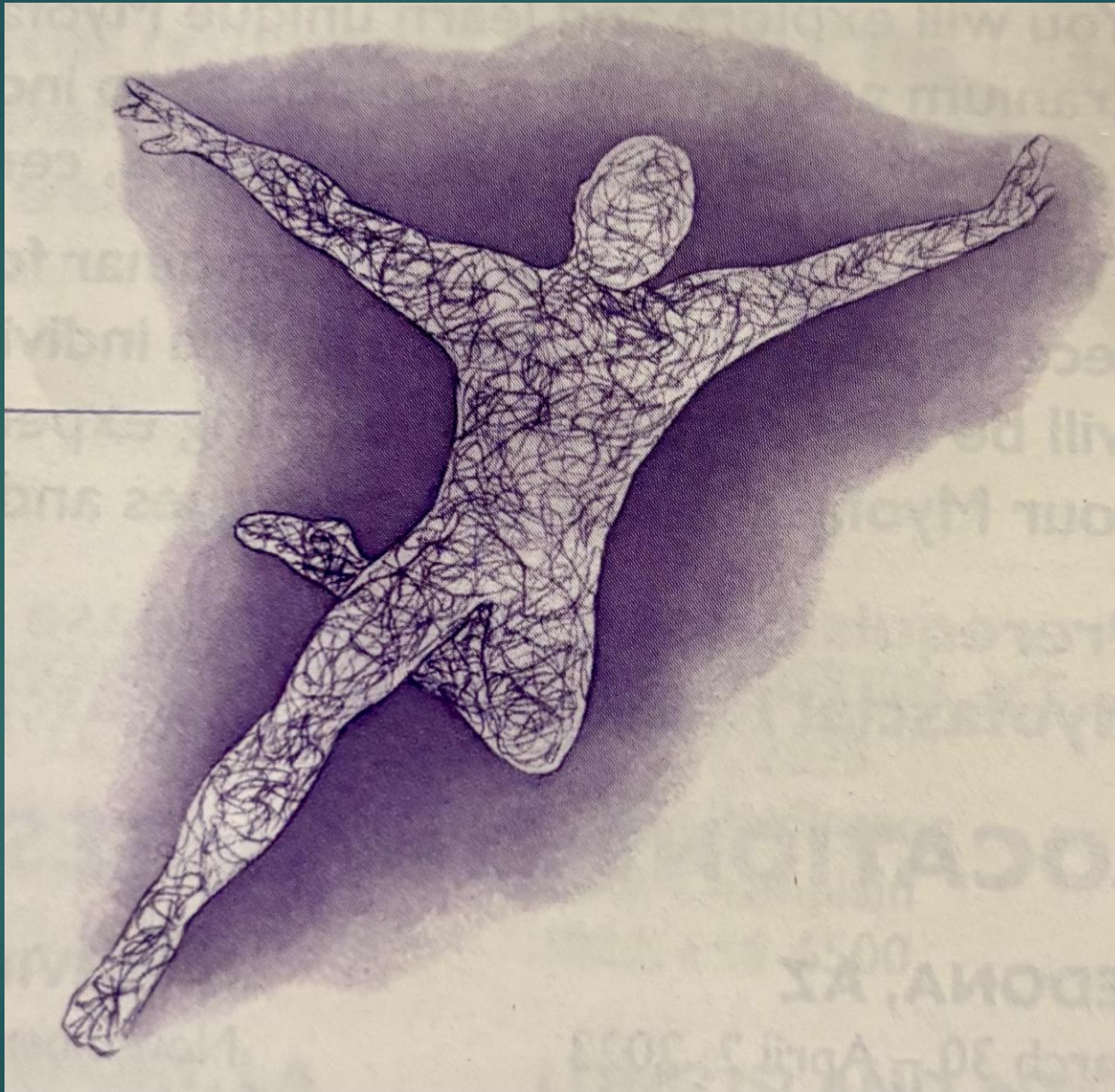
BY: GOSIA ZASADNY

Gosia Zasadny PT



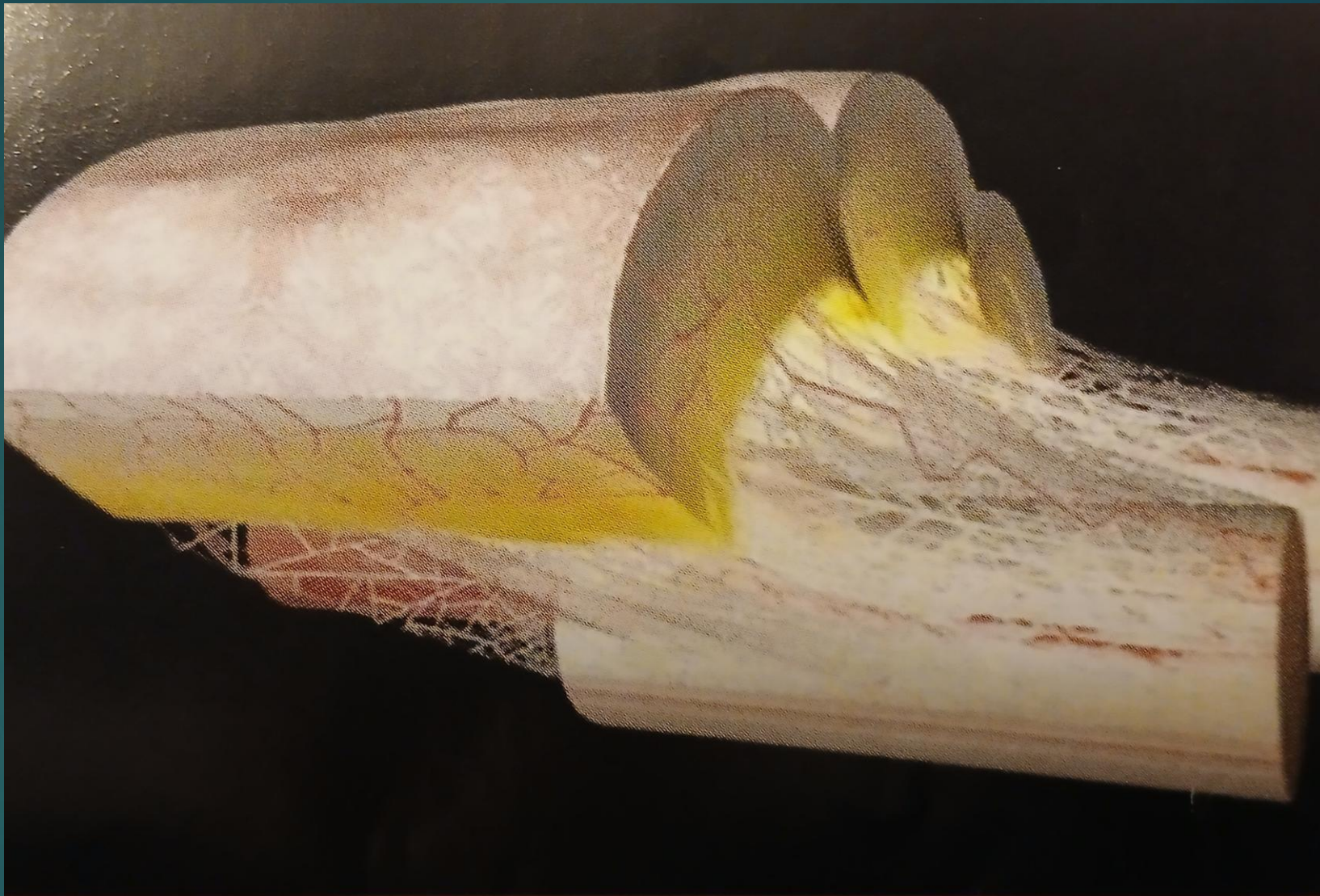
# Myofascial release

- ▶ MYO – Muscle
- ▶ FASCIA – Connective Tissue
- ▶ Fascia spreads throughout the body in a three-dimensional web – from head to foot without interruption



# Strolling Under the Skin by Dr. J.C. Guimberteau





*Fascia Photo by Permission of Dr J.C.Guimberteau*

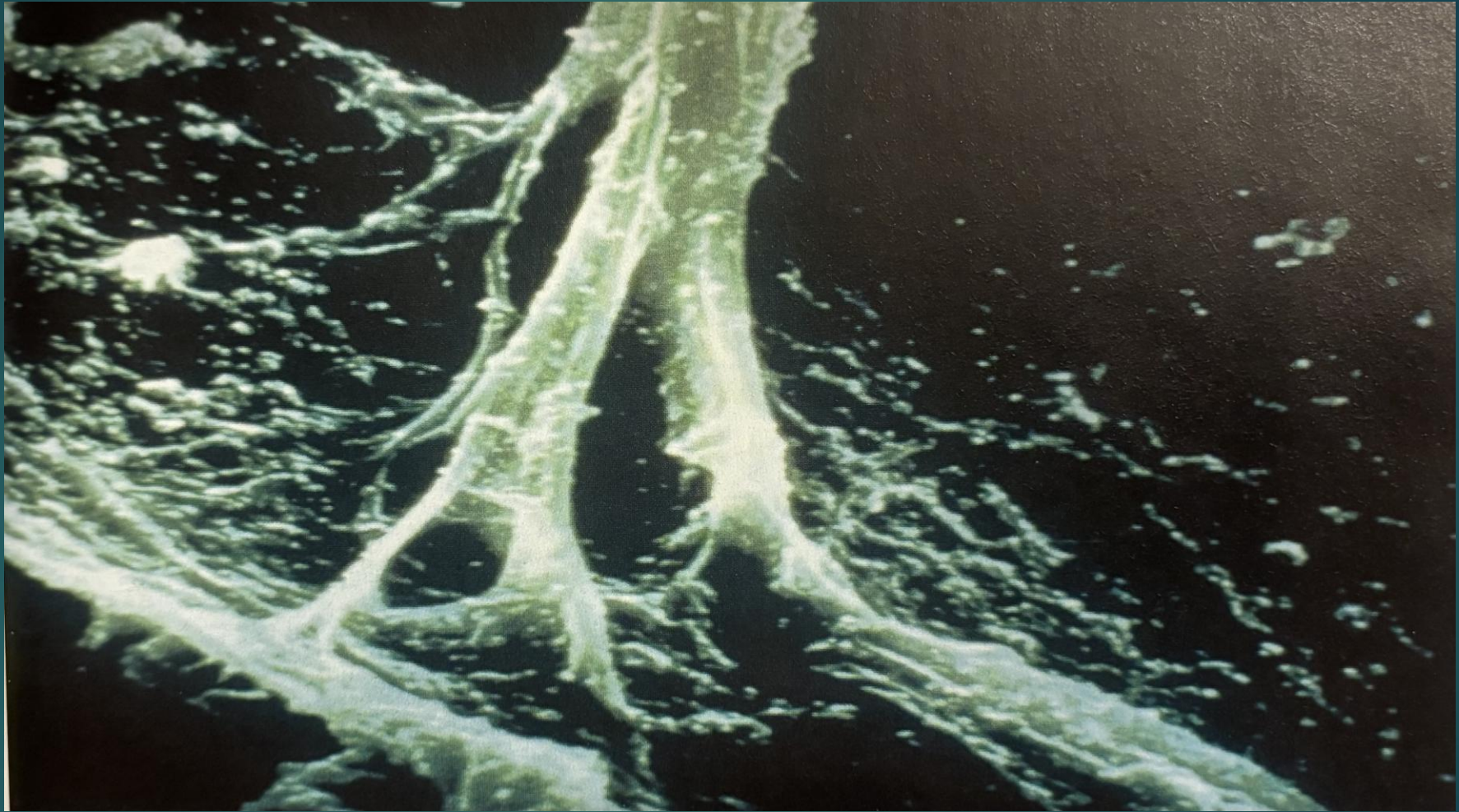


Photo by Permission of Dr. JC G



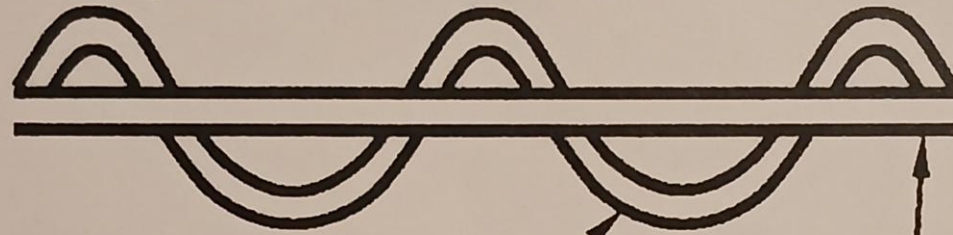








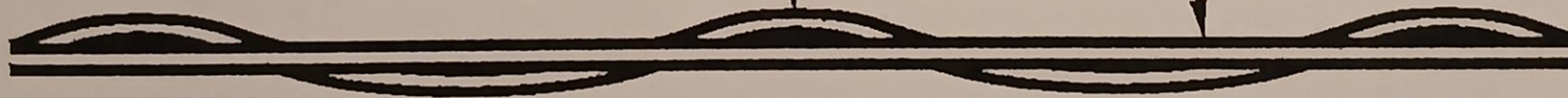
**Relaxed complex**




Collagen fibers

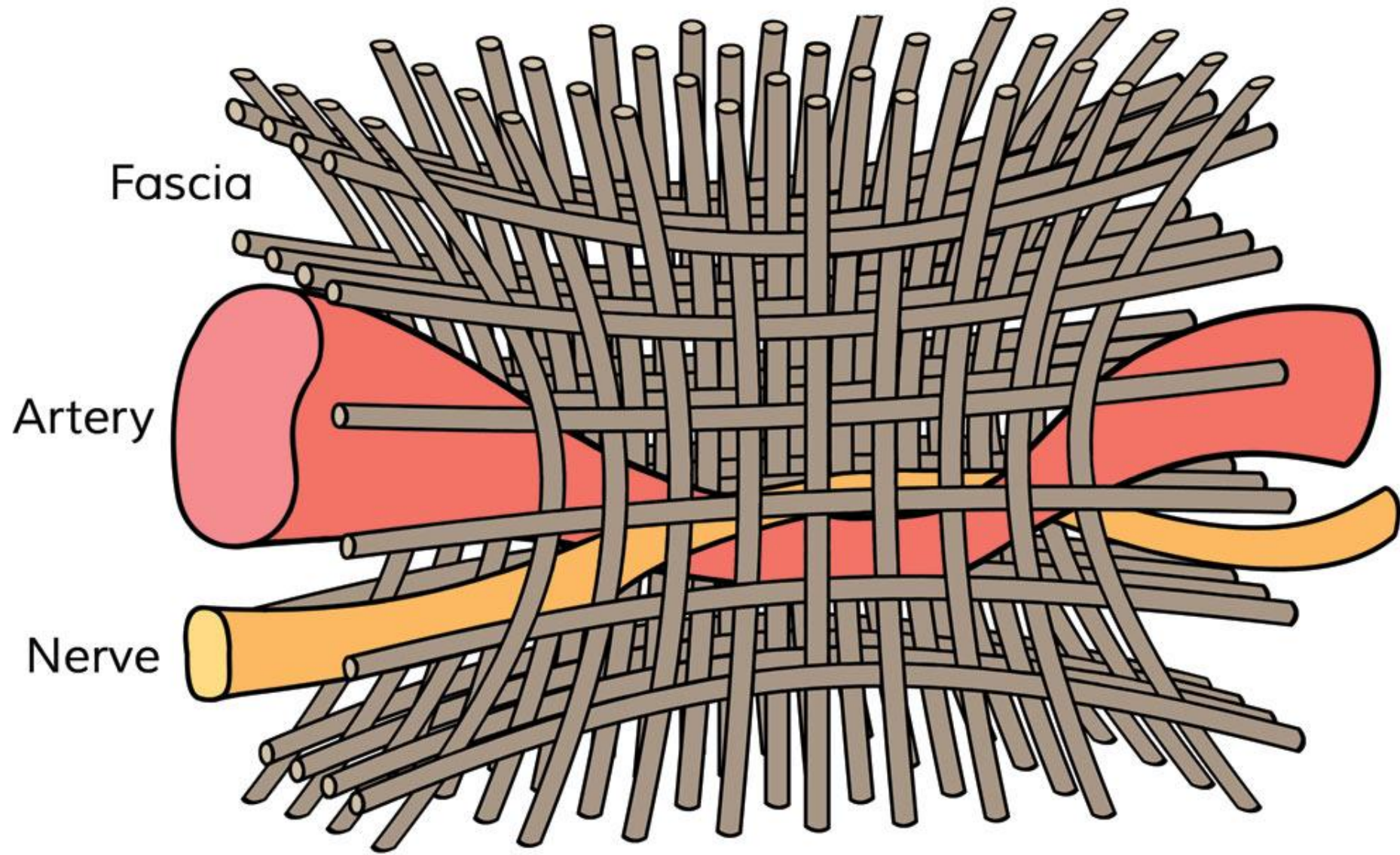
Elastic fibers

**Stretched complex**

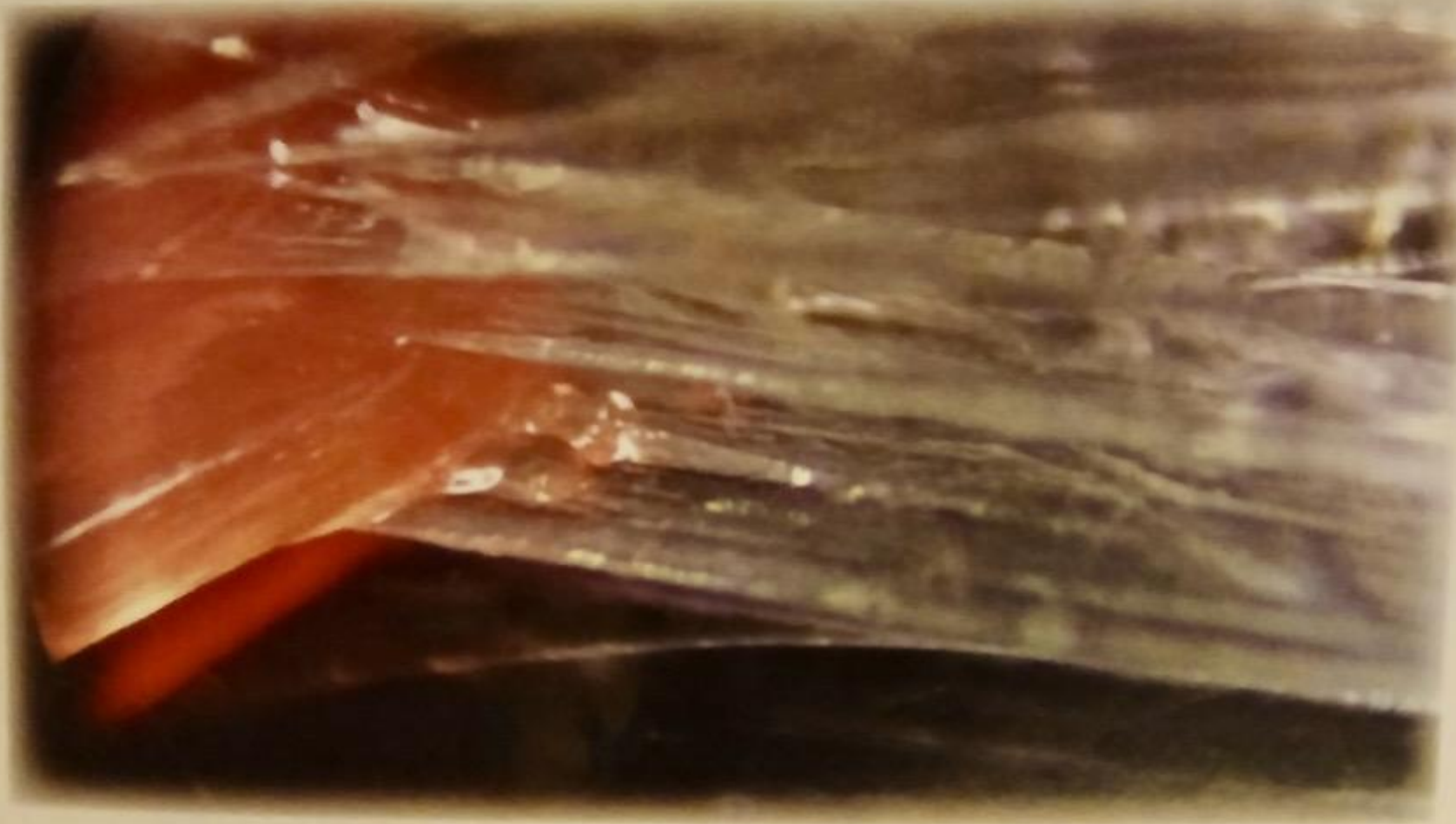


**Elastocollagenous Complex**


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- Trauma or inflammation can create restrictions in fascial systems
  - Restrictions can result in excessive pressure on nerves, muscles, blood vessels, and organs
  - Fascial restrictions are not shown on any standard tests such as X-rays, CT scans, EMG, MRI



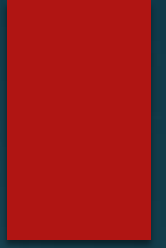
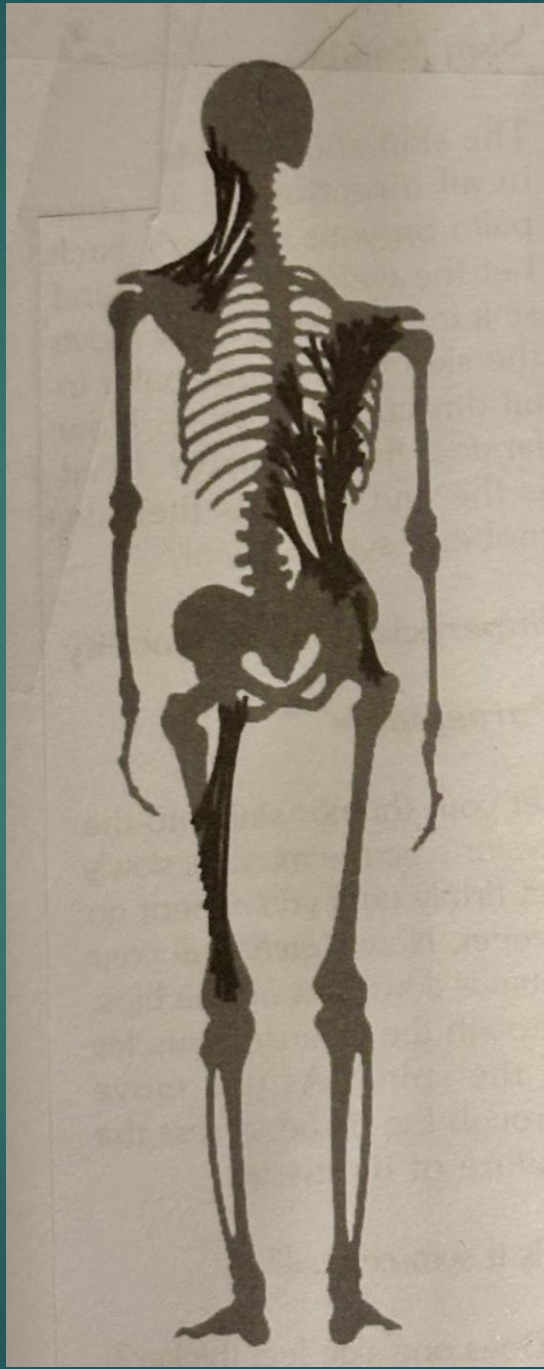
# Restricted fascia



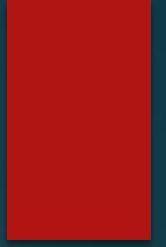
*Permission by Dr. JC Guimberteau*

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- ▶ High percentage of people suffer with pain and lack of motion of unknown origin → which may actually be undiagnosed fascial restriction







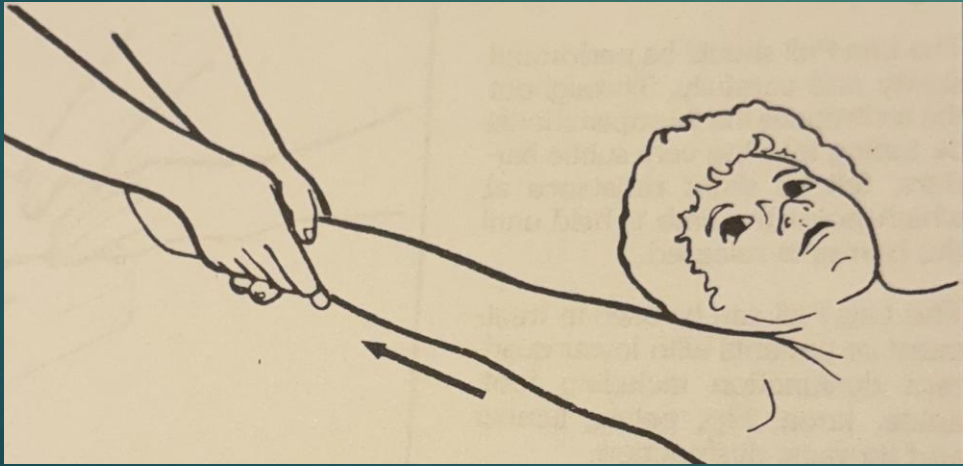
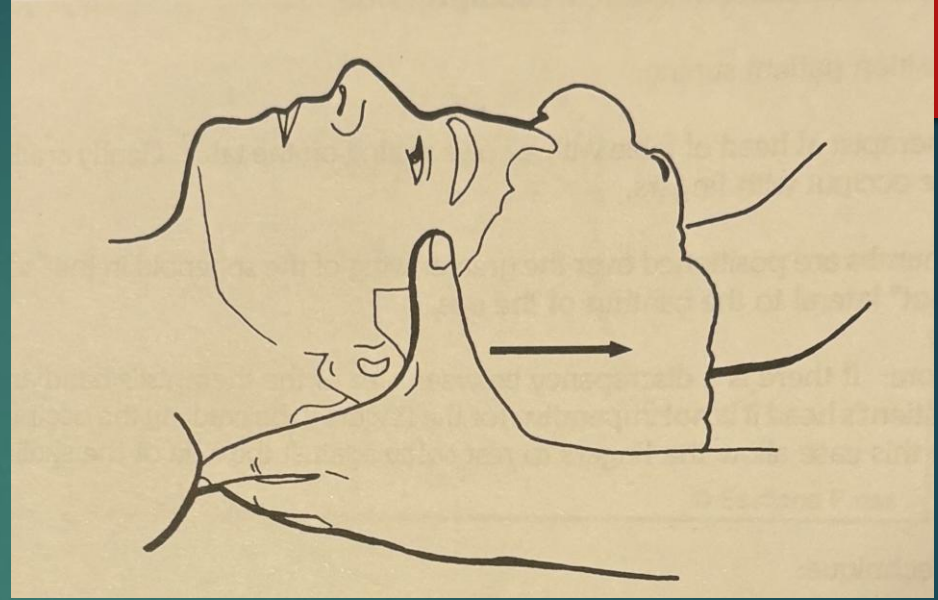
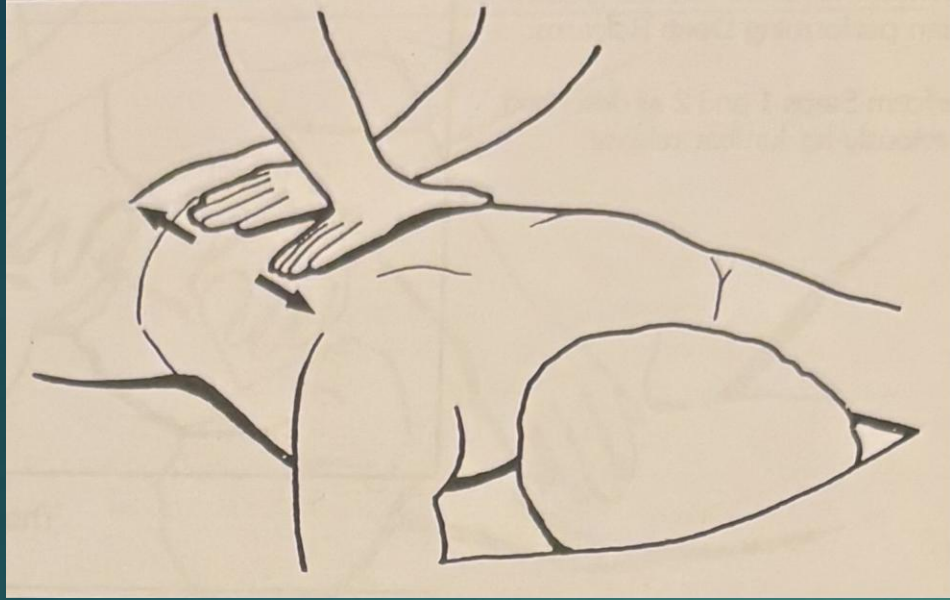


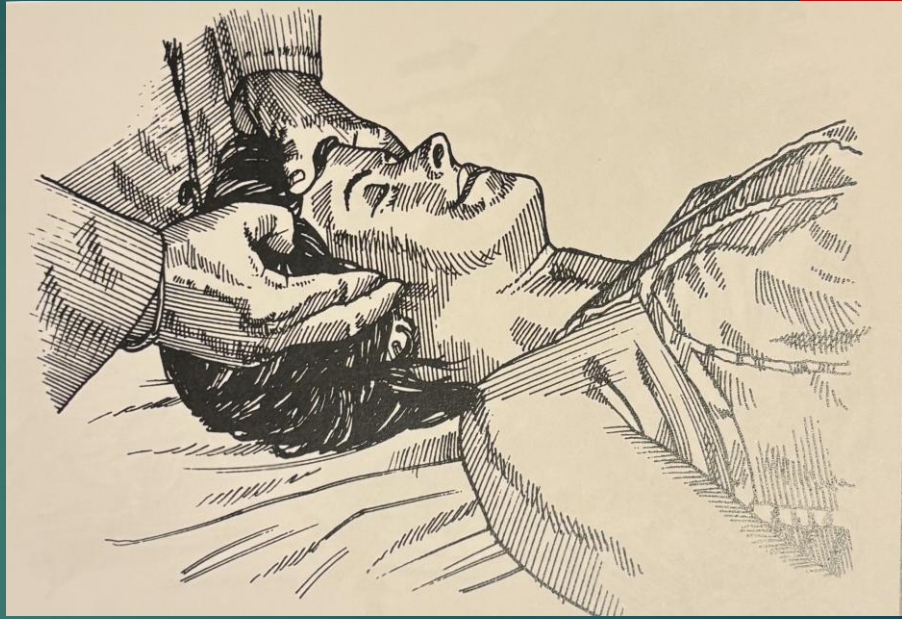
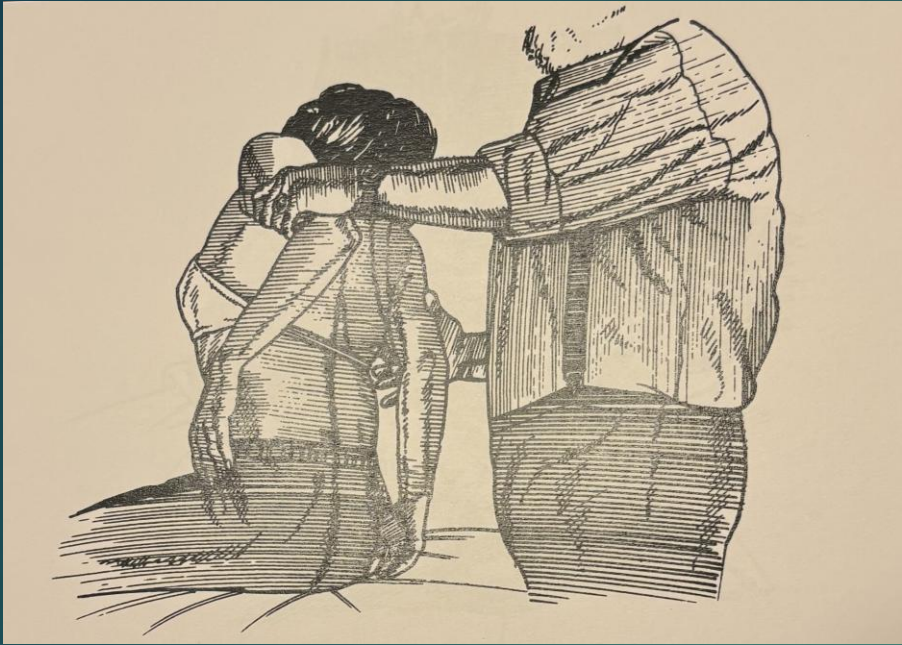
# What Do We Treat?

- ▶ Fibromyalgia
- ▶ Acute and Chronic Pain
- ▶ Back and Neck Pain
- ▶ TMJ Problems
- ▶ Headaches
- ▶ Women's Health Issues and Pelvic Problems
- ▶ Sport Injuries
- ▶ Carpal Tunnel Syndrome
- ▶ Unresolved Scar/Tissue Pain
- ▶ Restricted Motion
- ▶ Sacral/Coccygeal Dysfunction
- ▶ Incontinence

# How Do We Do It?

- ▶ Applying gentle, sustained pressure or stretching slowly into connective tissue restrictions, allows the fascia to elongate and restructure → eliminating pain and restoring movement
- ▶ Several minutes of lasting compression or stretch allows the body to engage in the release process







What do the  
results look like?





BEFORE



AFTER

