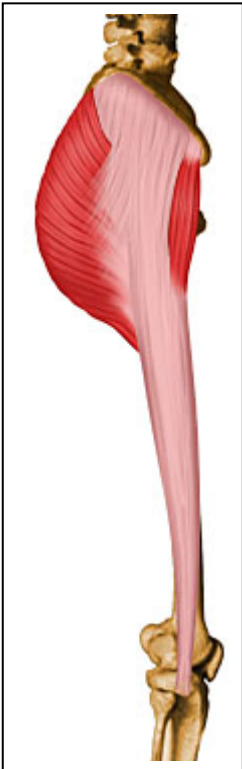


MASSAGE - MYOFASCIAL RELEASE TECHNIQUE (Non-Surgical)



Fascia is defined as a form of connective tissue which surrounds and supports every part of the body, including: muscles, bones, joints, organs and nerves. It has been found that one length of fascia spans the entire length of the body, from the cranium to the big toe without interruption.

The body will lay down extra collagen fibres within the fascia in response to strain, load, postural stresses and scarring. This creates thickened fibrotic bands within the fascia causing painful symptoms, poor muscle and joint function triggering further compensations to neighbouring areas. The pressure produced by the solidified fascia can also compromise the circulation and nerve innervations to muscle.

Fascia is unbelievably strong it can produce up to 2,000 pounds per square inch of tensile strength. However, pain will influence the health of the fascia, so too nutrition and emotional stressors.

Myofascial Release Techniques (MRT) can be applied lightly to the superficial layers of tissue, such as skin and tendons as well as structures deep within the body. Due to the continuous nature of fascia, techniques affecting the superficial fascia will also penetrate deeper and promote changes to other structures beneath.

Studies reveal that MRT is particularly useful to areas of scar tissue, whether the scarring is from injury or post surgery. Scar tissue is less elastic, less pliable and generally more pain sensitive than non-affected tissue. As scar

tissue forms it fans out binding and adhering to all layers of tissue assisting to stabilise the weakened areas.

An example of fascia in the body is the Iliotibial Band which is responsible for a large percentage of symptoms around the knee in activities such as running. The Iliotibial band extends from two powerful muscles, the Tensor Fascia Latae and Gluteus Maximus, runs down the outside of the leg and attaches below the knee to the tibia.

When this structure has increased tension the tissue surrounding the band becomes adhered, preventing band from sliding freely. This impacts the knee joint and can cause pain from friction or poor biomechanics. MTR will ensure the layers of fascia will regain this movement between the layers of tissue and produce greater pliability to the tissue.

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If you have any specific questions regarding scar tissue, Myofascial techniques or any other medical treatment please contact us on **0870 2000 878** or reception@puresportsmed.com

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