



How can Myofascial Release help relieve my pain or immobility?

Myofascial Release treatment allows us to look at each patient individually. Everyone's body is unique, and our treatment differs from individual to individual.

Our one-on-one therapy sessions involve hands-on treatment during which our therapists are able to use a variety of techniques to address your specific problems. Each session is tailored to your needs and custom-designed programs are available for patients desiring more in-depth work.

The longer the pain or limited range of motion has been present, generally the longer it will take to resolve the problem.

Experience indicates the best results come from two or more treatments per week to maintain the restorative process.

Prescribed range of motion and stretching exercises will help keep regression between treatments to a minimum.

During treatments, you may receive attention to areas you may not think are related to your condition. The trained therapist will identify and treat these areas that have an associated "drag" on and contribute to the pain or restriction in your area of injury.

This is why Myofascial Release is called a **whole-body approach** to treatment.

