

MFR

Myofascial release is a manual therapy technique often used in massage. The technique focuses on pain believed to arise from myofascial tissues — the tough membranes that wrap, connect and support your muscles.

Fascia is a three dimensional web of connective tissue that goes from the very superficial layers of muscular tissue to the very deep layers of the nerves, vessels, and bones. It is a part of body's scaffolding. If portion of that system is compromised, we experience decreased range of motion and restricted exchange of nutrition for the tendons and joints. We also increase our sensitivity to pain and susceptibility to early onset of degeneration, which can lead to substantial conditions in the future. Fascia can be damaged by injury, musculoskeletal conditions, overuse, repetitive stress syndrome, trauma, stress and poor posture. This damage leads to myofascial restrictions.

Myofascial release (MFR) has been popularized by John Barnes —physical therapist and massage therapist. It allows the therapist to evaluate, identify, and treat fascial restrictions. This technique is designed to release restrictions such as trigger points, muscle tightness, and dysfunctions in soft tissue that may cause pain and limit motion in all parts of the body. It has shown success in decreasing pain and increasing mobility by applying gentle, hands-on techniques to the whole body and creating positive structural changes.

You may feel tired or relaxed after your myofascial massage, however, most people experience an immediate feeling of relief.

https://www.jstage.jst.go.jp/article/jpts/27/1/27_jpts-2014-385/_pdf

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