Please read and keep this document

Welcome. I want to make your appointment as enjoyable and comfortable as possible. If at any time you have questions regarding your therapy session or are in need of additional accommodations, please let me know.

My mission is to work with you to reach the goals of living your life and participating in your desired activities while being pain free and with an increased sense of wellbeing.

Myofascial Release is unique from other forms of bodywork in that it addresses restrictions at all levels within the fascial system of the body, superficial to deep

Myofascial Release is a safe and effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions. With appropriate pressure and time, myofascial restrictions are allowed to rehydrate and elongate allowing for the release of the restrictions and ultimately eliminating pain and restoring motion.

The use of Myofascial Release allows each patient to be seen as a unique individual. Each person is evaluated and treated in a manner that is specific to his/her individual condition, needs, preferences, and goals. The one-on-one therapy sessions are hands-on treatments during which a multitude of Myofascial Release techniques and movement therapy techniques are utilized.

Black Hills Myofascial Release promotes independence through self-treatment instruction, improved flexibility, pain reduction, and development of postural and movement awareness.

**Hands-On Treatment**

Each Myofascial Release Treatment session is performed directly on skin without oils, creams or machinery. This enables the therapist to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia.

MFR treatment does not end when the session concludes.

Your fascial system may continue to release for hours or even days after a treatment. The continued release of the fascial system, a process termed unwinding, will help you develop a greater awareness of your body and is perfectly normal.

Clients commonly experience changes in their energy levels. Some report feeling energized while others report feeling calm and quiet, or relaxed. Some report feeling exhausted, moody, and/or other emotions during and after the session. You are encouraged to listen to your body and allow yourself to be with whatever arises, gently allow yourself the space for this experience as it is part of the therapeutic healing process.

Physically, most clients report feeling better almost immediately. However, some clients may experience temporary soreness and feelings of being ‘stirred-up’ or ‘off.’ This experience is called a Healing Crisis and may last from a couple hours up to three days. In other words, you may get a little worse before you get better.

Symptoms may be more activated after a session. This is a good sign that the therapy is effectively working on your fascia.

As restrictions release, your body’s alignment is being shifted. You may feel sore in unfamiliar areas. In rare instances, some clients experience feeling achy all over. Gentle stretching, a warm bath/shower and sufficient rest will aid in progressing through the healing crisis.

The degree of soreness and the region of your body it is felt in is a clear indication of the fascial restriction you have. If you experience whole body soreness and/or a high level of soreness following your session it would be advisable to consider a series of treatments to fully address the restrictions.

Directly after treatment drink at least 8 ounces of water. In the 24 hours after a treatment be sure to get a full 8 glasses of water. It is very important as the restricted fascia literally will be rehydrated. Drinking plenty of water will also aid to flush toxins out of areas that were restricted.

Healing is not an event but rather a process. It is best to schedule follow-up treatments soon after the initial treatment in order for the MFR therapy to be effective at deeper and deeper levels. As your recovery progresses, you will need treatment less frequently.

My goal is for you get better. Feel free to contact me with questions.