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## Myofascial Release Therapy (MFR) Stories

### About MFR Stories

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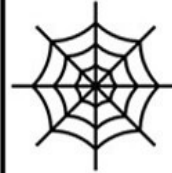
In the late **Fall of 2000**, a year and a half after graduating from Massage Therapy School, I took the introductory level of Myofascial Release Therapy, MFR 1. Having the basic understanding and knowledge of the principals was helpful, but for all practical purposes, I put the training “on the shelf”. A phrase I use often is -different things work for different people at different times-, and while I do believe Massage Therapy can be good for almost everyone most of the time, in **late 2010** I had a few clients that I felt needed “something extra”. I then decided that when the MFR training came back into the area, I would retake it and get serious about Myofascial Release Therapy. In **June of 2011** I had the opportunity, with the training being offered in La Crosse, WI. Since then, after having an “ah haaa” moment about the potential of Myofascial Release Therapy, I have been excited to be able to offer it to Massage by Joel clients.

Why the word “Story”? These are not conventional testimonials, and, I would not consider them medical case histories. I thought the word story was appropriate. The following Stories have been put together to try and give insight of what might be possible with MFR. Fascial restrictions (connective tissue that has lost its’ flexibility) is what MFR can help. It is not “magic”, some people respond dramatically and profoundly (as in the Stories), some barely or not at all, and many, in-between. The structural principles are very simple, but, from there on, results and benefits can be not only intriguing, but extremely gratifying!

I have to take a moment to profoundly thank Jeanne Mather of Stratford Therapy Services (now Sport & Spine) for first suggesting to take the MFR training, way back when, and actually, also for being part of the original reason I “got into” Massage Therapy.

But that would be a story for another day!!

Take care, *Joel*



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## Myofascial Release Therapy (MFR) Stories

### Sharon's Story

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"Sharon" (name changed) was a middle aged massage therapy client that visited Massage by Joel for the first time in **February of 2011**. Three sessions over a two month period of time were helpful, but she had what I would call, "traps of steel", extremely painful, tight, and hard, trapezes muscles that flowed into, and contributed to a very tight and sore neck. I had to use a lighter than usual touch with her. There had not been a "this happened" thing with them, it had just developed over a long period of time. Headaches were frequent, and she used a mouth guard when sleeping. You could see the discomfort in her face! A CT scan done in that area of the body for Tinnitus, had not indicated anything mechanically wrong. As a Massage Therapist, you can never "guarantee" results, but usually when someone comes to Massage by Joel with a stiff/sore neck, they normally leave with significant improvement. With Sharon, we were not seeing the relief I thought we should be getting, no matter what I tried.

She was definitely an inspiration to reinvigorate my MFR training, which I did in **June of 2011**. A **9/1/11** session with her was an experiment of half massage, half MFR. **Three visits** happened between then, and in late **April 2012**, when after the death of a pet dog and a strenuous plane trip, Sharon came in and we did a mostly MFR session. On **5/4/12** MFR was done with a good response. She also mentioned that from her previous visit about 10 days earlier, her Hearing Aids seemed to work better. The next visit was **5/22/12** and again, her body responded well to MFR. **Three months later, in August**, Sharon's name was in the appointment book. She came in and wanted to do a conventional massage?? It didn't take long to feel that the neck and trap areas were almost "normal", a dramatic change from when we first met! I wanted to, on the spot ask, "Can you feel that?", but I resisted, and waited till the session was over. She knew she was feeling much better and, mentioned that over the **Summer** she had taken a road trip out West by automobile, and was dreading the hours to be spent riding, but, had a great trip out and back. The improvements in Sharon's neck, shoulders, and overall, were dramatic, and gratifying to see. I have to believe that the **John F. Barnes' Approach** style of MFR was the instrumental cause for the change. **June, 2013:** (follow up) Sharon has relocated from Central Wisconsin, but indicated that she is doing well, headaches are all but gone, and has not been using the mouth guard for about a year now.



## Myofascial Release Therapy (MFR) Stories

### Jack's Story

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On **October 27, 2011**, "Jack" (name changed) and his wife were in their car on an early morning errand, when they met a semi coming toward them. As they met, they believe a deer was hit by the truck and thrown into the front of their vehicle, causing the air bag to deploy. They were able to safely stop, and while the car received massive front end damage, scaring the wits out of them, they believed they were physically ok. Jack felt a little sore in the neck but was not concerned. Jack, whom I happened to know personally, was an 81 year old individual in excellent health, extremely vigorous, and very active. His ambition level would put many of us several decades younger to shame.

In that **November** and **December**, a persistent "achy ness" set in on his neck and shoulders. By early **January 2012** a finger on one hand was starting to "curl", and it would be difficult to get, and stay straight. By **3/1/12**, all of his fingers were affected, and the soreness was through out his neck, shoulders, arms, and hands. On **3/3/12**, Jack had x-rays on his hands and shoulders that were negative for damage. The **end of March** saw the achy ness progress to the hips and legs. In **mid April**, he tried intensive Chiropractic work which was not helpful at that time. They did ask, "Have you been in an accident?". **April 30** saw neck x-rays and thorough blood work, that indicated normal. On **May 15** he had an MRI which also showed nothing wrong.

To back up a step, all this time I knew Jack was not feeling well, but had not really thought too much about it. He was good at not showing his "troubles" to others. His wife and mine had talked, and mention was made of the accident the previous Fall. *(continued, page 5)*

**“Boing”**, the light bulb came on! On **May 7<sup>th</sup>, 2012** I visited Jack at his home. I was actually shocked upon seeing him in his home environment. He was weak, stiff, and getting very frail. Although I am not a conventional medical practitioner, I was afraid the direction he was headed, was, to a wheelchair, or worse! I explained to them the theory of MFR, and invited him to consider it. The next day, **May 8**, we had an interesting first session of MFR, and then decided to proceed with two visits per week. Results were gradual but positive, and a sense of stopping the steep down hill slide in health was soon apparent. **6/8/12**, a one month evaluation: \*knee pain from 10 to 3. \*hand pain from 10 to 5. \*client was able to get on and off the therapy table unassisted (not so at start). \*was able to dress him self easily (barley so at start), \*used the stairs at the Y (the elevator at the start). \*was getting the “spark of life” back. On **6/12/12**, he felt he could get L. hand fingers 95% straight, R. hand fingers 65% straight. **6/15/12**, his legs could lay comfortably flat. Improvement continued, but then **7/9/12** this story gets a little murky when a Neurologist diagnosed Jack with inflammatory rheumatism and he received Progesterone shots. This did accelerate his mobility. On **7/26/12** Jack came in complaining of his legs being achy. He also mentioned the day before he had loaded onto a trailer, and unloaded, 150 landscaping blocks???

Improvement, from which ever source, continued with MFR sessions going through **August of 2012**.

In **May of 2013**, Jack felt he was 95% back to where he was before the deer hit. Most importantly, thanks in a big part to the **John F. Barnes’ Approach** style of Myofascial Release Therapy, he has his life back, and is doing very well.

