

# Got a Pain??

(persistent &  
unexplained)

*an introduction to:*



~ The best candidate for MFR Therapy might be the person who has had "every test in the book", tried many things, and nothing can be found wrong, or helps. ~

*A service of:  
Massage by Joel*

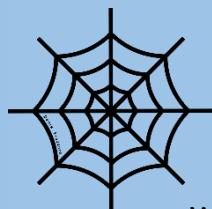
***"Find the pain ~ look elsewhere for the cause." John F. Barnes, PT***

## **What is Myofascial Release Therapy (MFR)?**

A simple explanation: it is a safe, effective, hands-on technique that involves applying a "unique touch" onto the Fascial System to **reduce or eliminate pain, and restore motion.**

## **What is Fascia?**

Fascia is another name for connective tissue in the Human Body. The body is not just a skeleton with a skin wrapper, and everything "sloshing around" inside. Connective tissue holds everything in place, and runs through-out the body from head to toe uninterrupted, not one long strand, but kind of like a big spider web, inter-connected.



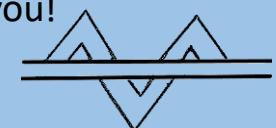
Fascia normally has an elasticity to it. Similar to a rubber band, it will stretch, twist and turn with-in the body.

Sometimes, because of injury, wear and tear, trauma, stress, etc., fascia can become "stuck", or "brittle", and

will lose its' flexibility in spots.

When this happens, there can be as much as 2,000 lbs. per square inch of pressure on nerves, blood vessels, or muscle fibers. That's one big honkin Elephant sitting on you!

*"stuck" fascia*



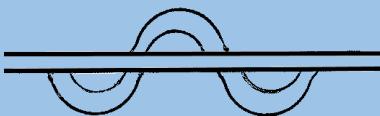
## **Fascial Restrictions --**

is a fancy name for "stuck" connective tissue. It does not show up on X rays, CT scans, an MRI, or other conventional tests. MFR is not a "miracle" or "cure all" for everything, but has a unique ability to be of help in many situations. *To view some interesting "Stories" about actual MFR clients - visit [massagebyjoel.net](http://massagebyjoel.net).*

## **How does MFR work?**

Unlike massage, which uses a heavier pressure on the muscles, MFR is directed at the fascia (connective tissues) thru out the body. A firm, but gentle touch or stretch is applied to an area for a sustained period of time. This encourages the fascia to relax, "re-hydrate", and gain its elasticity back, thus relieving the

crushing pressure.



***"relaxed"  
fascia***

## **Preparing for, and what happens, in a MFR session.**

For the new client, a Health History is taken and reviewed. Goals are discussed and other questions are answered. Soft lighting and a relaxing environment are provided. The first session could be done with "traditional" massage therapy draping. In MFR - Therapist access to the body, physically and visually is helpful, so little, or minimal draping might be used. Clients are advised to bring along **some-what looser-ish fitting** garments to be modestly covered. (Note that in MFR, hand to skin contact could happen under the draping or clothing cover. The Therapist can explain this further.) A gym shorts type of bottom or, a good covering underwear would be appropriate. For the female client, a sports bra, halter top, or a two-piece swim suit would all work great.

If possible, please **do not apply** excess body lotion before coming in. You will be coached to let your mind mellow out, let it wander where ever it wants to. It is well known that in any type of Bodywork there can be the presence of emotion so, I tell clients if they want to laugh, laugh. Cry, cry. Also, let the body "go" where it wants. If the neck, an arm, a leg, or the whole body feels like stretching or moving, allow it to. Because of the light touch involved, the biggest challenge in receiving MFR may be in your thinking:

### ***"Is the Therapist doing anything?"***

**Get the best:** There are many techniques that are called MFR. The most authentic & original is used here:  
**the John F. Barnes' Approach**

**I often say:** *"Different things work for different people, at different times".* Myofascial Release Therapy, while not for everyone, has the potential of reaching deeper into the body, in its' own way, more so than many other therapies or modalities.



**Other:** Clients of any age can receive MFR, but if 17 or younger, a consent form must be signed.

**Thank You,** for considering Myo - fascial Release Therapy. Please be assured that quality, safety, integrity, & confidentiality are at the foundation of my practice. MFR Therapy rates are:

30 minute --- **\$52.00**  
45 minute --- **\$60.00**  
60 minute --- **\$70.00**  
90 minute --- **\$95.00**



\*If pre-qualified, car or liability insurance might be able to be billed. Call for specific insurance rates. \*All times are approximate. \*Price's subject to change without notice. \*One discount per visit please.

Thank you to the John F. Barnes' organization for assistance with some of the dialog used within this brochure.

**[www.myofascialrelease.com](http://www.myofascialrelease.com)**

For information on how to schedule an appointment, or for any other questions you might have, call **715-389-1111** or visit : **[www.massagebyjoel.net](http://www.massagebyjoel.net)**

**Massage by Joel**  
Joel Tomlinson, LMT  
& MFR Practitioner



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