

## Dana Brennan - Myofascial Release (MFR)

Myo is the Latin word for muscle and the fascia is the connective tissue that permeates the body, forming a 3D matrix of structural support. It surrounds all organs, muscles, bones, nerves, blood vessels down to a cell level. It is highly innervated with sensors for pain and awareness of where our body is in space.

Because the fascia is an interconnected system, any strain or tension on one part of the body, may generate pain, reduce range of movement or cause dysfunction elsewhere in the body. Thus, releasing restrictions in the Myofascia, will have an effect on the fascia elsewhere along the fascia line, including at a deeper level.

Fascial techniques are very useful in treating a variety of symptoms, such as back pain and Sciatica, neck pain, jaw dysfunction and headaches, sport injuries or repetitive strain injuries. Fascial release is also effective in reducing scar tissue and adhesions post-surgery, and in addressing symptoms of IBS, constipation and more.

The fascia also holds a strong connection with emotional holding patterns which may be contributing to pain and can be released during treatment.

Treating the fascia allows the body to rid itself of patterns of asymmetry, which may cause excessive wear and tear on joints, pain and dysfunction. One can then learn to realign the body and re-programme a neutral, symmetrical pattern of movement thus restoring function and reducing pain long term.

Treatment requires an extremely focused 'listening' touch. A gentle, hands on skin technique allows the therapist to tune in to the tissues and 'feel' what is going on.

A Direct technique is when the therapist will guide the fascia in a certain direction to achieve a desired effect such as lengthening the tissue. An Indirect approach is when the therapist will 'melt' in to the fascia, allowing it to change in consistency, and then follow the tissue in where 'it wants to go' or unwind.

This is a truly transformational touch which releases restrictions that hold both physical and emotional pain.

A series of treatments can not only address pain but also bring on a deep and lasting change in posture, movement, flow and restore the body's sense of wellbeing.

Dana Bregman is a chartered physiotherapist with 25 years of practice and a certified Pilates instructor with the Australian Physiotherapy in Pilates Institute, APPI. She has chosen to specialise in fascia release as it is a gentle yet extremely potent technique, treating mind and body, which draws on her sensitive touch and intuition and achieves excellent results for her clients. Dana often follows on from the hands on treatment with advice on fascial stretches as well as Pilates based exercise, aimed at empowering her clients to best maintain the improvements and to independently manage their symptoms long term.

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