



MYOFASCIAL RELEASE THERAPY

Laramie Paradise, CMT

Expert Level Myofascial Release Therapist

“Helping People Suffering from Chronic Pain & Restricted Range of Motion”

Practicing the John Barnes' Approach to Myofascial Release

Personal Injury Insurance and Worker's Comp Accepted

YOU COULD BENEFIT

FROM MYOFASCIAL RELEASE IF:

You feel tightness anywhere in your body.
You experience not being able to move into certain positions.

There is pain in your body that isn't relieved by any other method.

You have numbness or tingling in your arms or legs.

You feel clumsy or weak and your muscles don't seem to work the way they used to.

You feel continual cramping or burning pain or you feel dull and hot aching pain that doesn't go away.

WHAT IS MYOFASCIAL RELEASE?

**Myofascial Release is a specialized, hands-on therapy performed in a massage setting.*

**It relieves bodily trauma and tension which can result from such things as car accidents, injuries, surgery, scars, repetitive stress situations, abnormal posture and overwork.*

**This therapy addresses the tension in the fascial (connective tissue) system rather than the muscular system of the body.*

**The fascia is an extremely tough tissue that surrounds every muscle, organ, nerve, blood vessel and bone from the outer part of the organ down to the cellular level.*

**Restriction to or binding down of this tissue from traumatic situations causes tension, hard spots, chronic pain, and inhibited and decreased ability to move.*

**The fascia is one continuous web throughout the entire body.*

**Injury to any part of the body can produce painful symptoms in other, seemingly, unrelated parts of the body.*

**For example, this can explain why falling on your tailbone can cause headaches and foot pain.*

CONDITIONS HELPED WITH

MYOFASCIAL RELEASE THERAPY

- Back and Neck Pain
- Bladder Dysfunction
- Chronic Fatigue Syndrome
- Dizziness, Vertigo
- Endometriosis
- Abnormal Posture
- Fibromyalgia
- Frozen Shoulder
- Headaches
- Carpel Tunnel Syndrome
- Myofascial Pain Dysfunction
- Pelvic/Menstrual Pain
- Plantar Fasciitis
- PMS
- Scar Tissue
- Scoliosis
- Thoracic Outlet Syndrome
- TMJ Dysfunction
- Trigger Points
- Whiplash

WHAT IT IS NOT. . .

It is not Painful Deep Tissue Therapy.

It is not Trigger Point Therapy.