

MYOFASCIAL RELEASE

— ENHANCE YOUR LIFE! —

The John F. Barnes' Myofascial Release Approach® is considered to be the ultimate mind/body therapy that is safe, gentle and consistently effective in producing results that last. John F. Barnes, PT, is an international lecturer, author and authority on Myofascial Release. He is considered to be a visionary and teacher of the highest caliber.

LEARN MYOFASCIAL RELEASE FOR:

- Back Pain
- Cervical Pain
- Headaches
- Chronic Pain
- Carpal Tunnel
- Fibromyalgia
- Spasm/Spasticity
- Geriatrics
- Scoliosis
- Head Trauma
- Pediatrics
- Sports Injuries
- Rehabilitation
- TMJ
- Restricted Motion
- Chronic Fatigue Syndrome
- CVA
- Neurological Dysfunction

WHAT IS FASCIA?

Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such

as x-rays, myelograms, CAT scans, electromyography, etc, do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.

The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.



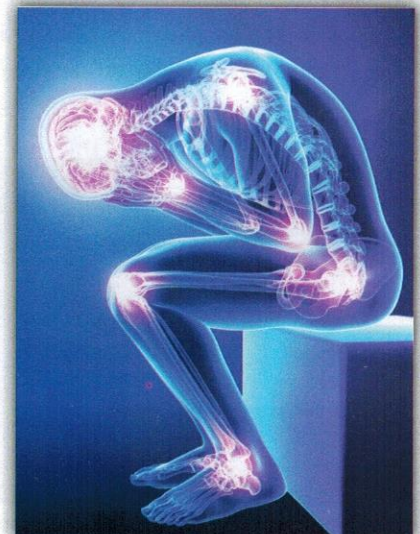
Fascia Photo by Permission of Dr J.C.Guiberteau

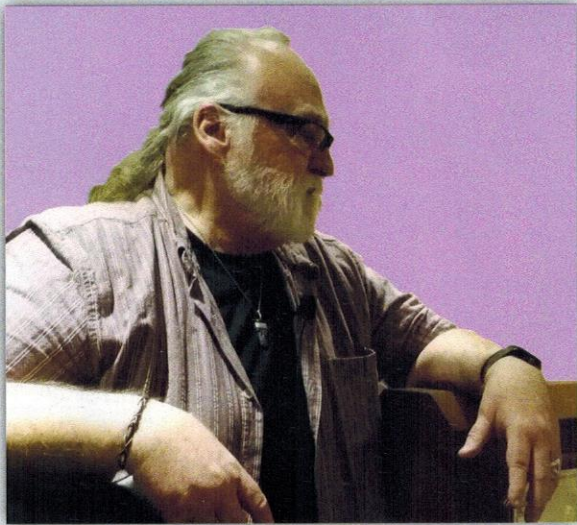
WHAT IS THE JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®?

The John F. Barnes' Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

Our seminars are designed to be "hands-on" experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes' Myofascial Release Approach® is easily learned so that you can utilize the techniques taught in class immediately upon returning to your practice.

Discover how this truly unique approach can help you to develop the skills and confidence to provide consistent results for your patients / clients while adding fulfillment and revitalizing your professional and personal life!





MYOFASCIAL RELEASE

John F. Barnes, PT, LMT
*International lecturer, author
and authority on Myofascial Release*

John F. Barnes, PT, LMT, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 40 years and has trained well over 100,000 therapists.

Reach Your Full Potential !

By John F. Barnes, PT, LMT

The awareness of Myofascial Release has grown exponentially since I started teaching my seminars over 40 years ago. Many people have been asking what the difference is between Myofascial Release and other forms of therapy. First, it might be helpful for me to provide information about fascia and many of its unique qualities and important functions.

The fascial system is the only whole-body system, covering, interpenetrating and controlling every structure, system and cell of our body. It is a glide system and also a system of communication, functioning like a fiber optic carrying an enormous amount of information and energy throughout our mind-body.

Fascia is also the main transport medium for the nutrition that we ingest, the fluid we drink, and the oxygen we breathe; for the biochemistry, hormones, energy and information that the trillions of our cells need to thrive.

The ground substance is the fascia's fluid component, the immediate environment of every cell. Fascial restrictions can impede proper cellular metabolism, respiration, nutrition, elimination and lymphatic flow. Fascia is also the home of the phagocyte and can influence the immune system in a negative way.



Fascia Photo by Permission of Dr. JC Guimberteau

So, basically, fascial restrictions can create the environment of pain, headaches, dysfunction, physiological chaos, disease and necrosis.

Function & Molecular Structure

Fascia is capable of resisting both pulling (tensile) and compressive forces. Therefore, it contains two elements: fibers and inner fibular jelly or ground substance. The fibers resist tensile stresses and the jelly-like filling between the fibers resists compressive forces.

Proteoglycans are polymers that form the gel between the collagen fibers, which is a three-dimensional web. Hyaluronic acid is lubrication that facilitates the glide of the tissue. The gel is our major shock absorber.

The molecule that makes up of the major part of the fibrous material in the body is collagen. Collagen does not form linear fibers, but is rather a three-dimensional web. Collagen is a protein, which is a Greek word meaning glue-producer, consisting of three poly-peptide chains twisted around each other in a triple helix. Interestingly, the release attained by myofascial release feels like glue stretching.

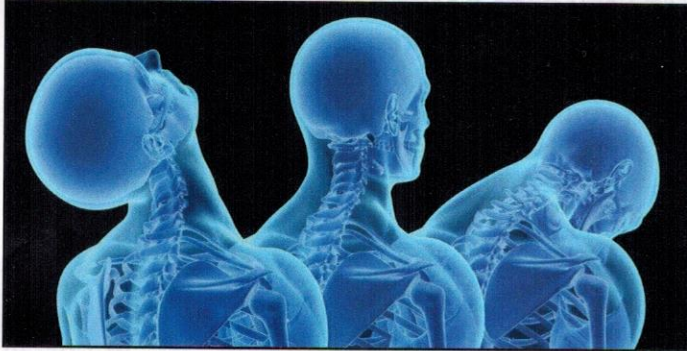
The fluid within this three-dimensional web actually also has a three-dimensional structure and is considered to be a liquid crystal. The characteristics of a liquid crystal are both fluid and solid and have a chaotic period when released that allows for change.

Seven Billion Possibilities

It is important to understand that fascial restrictions do not show up in any of the standard tests such as CAT Scans, MRIs, X-rays, myelograms or blood work. Therefore, fascial restrictions have been misdiagnosed for many years. It is also important to understand that when we are traumatized, fascial restrictions can create a tensile strength up to approximately 2,000 pounds per square inch of pressure. This is the

equivalent of two full-grown horses standing on a nerve.

The art of myofascial release is to find the individual restrictions, which are different from one patient/client to the next. Considering there are more than seven billion people in the world, this means there are more than seven billion different possibilities of fascial strain patterns.



Engage the Barrier

Another distinction between myofascial release and the various forms of therapy is that the therapist finds the individual's restrictions and takes the slack out without sliding on the surface. This enables the myofascial therapist to then use the fascia system as an amazing lever that reaches deeply into the body where significant problems are located.

Engage the barrier, then 90 to 120 seconds to begin to engage the collagenous barrier. It then takes another three to five minutes for a deeper, more long-lasting result. There is an **absolute minimum of five minutes for each technique.**

The maximum benefit of all forms of therapy will be achieved by coupling these techniques with the sustained pressures of myofascial release.

Somewhere around the five-minute period, there is a number of phenomenon that occur that do not occur with other forms of therapy, massage and bodywork that lead us into what I consider to be authentic healing.

Piezoelectricity

Around five minutes, the technique will start to elicit the piezoelectric effect. Piezoelectricity is a Greek word meaning pressure electricity. Our cells have a crystalline nature and when you apply pressure into a crystal it generates electrical flow. In our body it's a bioelectrical flow, which is another way of describing the motion of the mind. We call that unwinding.

Mechanotransduction

Piezoelectricity is usually coupled with mechanotransduction. Using sustained pressure creates a biochemical, hormonal effect at the cellular level. (I believe that a lot of the biochemical problems that people have actually come from fascia restrictions on the cellular level.)

Also very importantly, recent research has now discovered that holding the fascial barrier for five minutes or longer elicits the production of interleukin 8 by the patient's/client's mind-

body, which is our body's natural anti-inflammatory and cancer killer.

Phase Transition

We then move into phase transition, which is the phenomenon where ice transforms into water. In the body it is not ice, but after trauma, the ground substance, which should be fluid, starts to solidify and turns into crushing pressure on pain sensitive structures that produce the symptoms that our patients/clients come to us for help.

You and I have been brought up to believe there are three phases of water: ice, water and vapor. Now it has been discovered there is a fourth phase. It is the fluid in the cell and the ground substance of the fascia that is actually a liquid crystal capable of change. For in depth information on this topic, read *The Fourth Phase of Water: Beyond Solid, Liquid, Vapor*, by Dr. Gerald Pollock, one of the world's experts on fluid dynamics. (pollacklab.org.)

There is a chaotic period as one moves into the phase transition that allows for change, growth and healing, so that which has solidified can become more fluid. This allows the tissue to glide again and take the horrendous pressure off of pain-sensitive structures which fascia restrictions can produce. Eventually the sustained pressure allows for resonance, which is another word for release.

My experience and the newly emerging scientific information have shown me that the fascial system is a fluid intelligence system.

Due to the unique characteristics of fascia being a liquid crystal, it requires different principles than previously learned. These new principles will influence your effectiveness significantly. Myofascial Release could be the "missing link" that when coupled with your area of expertise, can enhance everything you do with your patients/clients.

Join Us !

Excerpts from this article were taken from Massage Magazine November 2017 - Issue 258.

My Myofascial Release private practice is booming and I can barely keep up. This is an absolute blessing.

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From my perspective, John F. Barnes, PT, is the most highly skilled therapist alive!

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Myofascial Release speaks for itself - the patients/clients tell others and others tell others and then you are busy, busy!!