

Services

Manual Therapy



Myofascial release is a manual technique that physiotherapists and massage therapists use to manipulate the fascia, the structural tissues of your body. The fascia surrounds all of the organs, muscles, and bones and can influence the positioning of the skeleton. The therapist uses their hands to apply various pressures to the fascia and follow its path in the body. In response to the pressure, the body releases the pull that the fascia has on surrounding structures. This release helps to relieve pain and improve postural alignment. Combined with strengthening exercises of the opposing muscle groups, myofascial release is an excellent technique to gain mobility, flexibility and pain relief.