



Specialising in JFB Myofascial Release Treatment

An Introduction to MFR - Information Sheet

What is JFB Myofascial Release (MFR)?

Myofascial simply means muscle and fascia. Fascia is the connective tissue that joins us together like a knitted jumper. The fascial system is like a spider's web, with no beginning or end – the fascia connects every single cell in our body. Myofascial release is therefore a whole body approach where both the muscle and fascia are relaxed to relieve pain and dysfunction. John F Barnes (JFB) is the founder of this particular approach to MFR, which is a very gentle, hands-on treatment which can have profound results, both physically and emotionally.



What should I expect during my first treatment session?

The therapist or therapists will ask you about your symptoms and the history of your symptoms. The therapist/s will then look at your posture to see how you stand and move. This will show the therapist where particular areas of your fascial system are tight or restricted.

The therapist will ask you to lie down and he/she will use different hands-on techniques to enable the tissue to relax. This could be a sustained hold where the therapist exerts gentle pressure into the skin and fascia until the tissue releases. He/she may also do distraction techniques, where your leg, arm or neck is gently held and distracted until the tissue releases.

Your therapist will talk through what they are doing and will ask you to let them know if you sense anything change in your body.

What should I expect after my first treatment session?

The fascial system is a wet system and therefore needs hydrating. After treatment, you may feel thirsty so it's really important to drink plenty of water. This helps to rehydrate and flush out any toxins.

You may feel tired after treatment or you may feel lighter after treatment.

You may feel a reduction in your pain after treatment but some people can experience an increase in their systems for a day or 2 – just be assured that this is very normal.

We are looking for any change, whether good or bad, so keep a note of how you felt and how your body felt after treatment. This will help the therapist at the next treatment session.