



MYOFASCIAL RELEASE AFTERCARE INFORMATION

Thank you for coming for myofascial release (MFR).

Myofascial release works to address deep restrictions and habitual patterns within the fascial system (which is all the connective tissue within the body). Your treatment session will have helped to start the process of releasing, unravelling and unwinding these patterns. This does not end once you are out of the treatment room; the fascial system will continue the work begun in treatment to find healthier, freer patterns. This may continue for hours or even days after treatment. This is completely normal. You may find yourself wanting to stretch or move in ways you would not normally. You may feel energised, tired, relaxed, emotional, calm, quiet, exhilarated, grounded, moody, or anywhere in between.



Living fascia

Healing is a process, and not a one off event. This means that over the next few days, you are encouraged to listen to your body, and support this process as much as possible. Whatever comes up, you are encouraged to flow with it, and to be gentle with yourself. Please **drink plenty of water** to help the body rehydrate and flush toxins out of the areas that were restricted. If you are tired and are able to, then rest. If you feel like you want to move or stretch, then trust your body, and follow those movements and stretches. You will sometimes experience strong sensations, but never push into pain that feels injurious.



Sedona, AZ; home of John F. Barnes Myofascial Release

Most people feel improvement immediately, however some may feel sore, or temporarily stirred up. This is part of the healing process. Just like with any other therapy or form of treatment, you may feel worse before you get better. This is normal, and will pass. Your body is shifting it's alignment into healthier ways of being. As restrictions in the fascia are released, and the body works to integrate the treatment, you may feel achiness in unfamiliar areas, or in rare instances, feel sore all over. This may be your body asking for more attention as deeper layers of restriction are uncovered. Gently stretch these areas if you can. In most cases, any soreness will dissipate within a couple of days of treatment, and then you will feel freer within yourself. Follow up treatment is recommended to continue the progress made today.

If you have any questions or concerns about treatment, or anything that comes up in the following days, please do not hesitate to contact us.

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