

CrossRoads Physical Therapists attend Myofascial Release Course

Martinsburg Clinic Director, Courtney Yogus, MPT, and Duncansville therapist, Marissa Leydig, DPT recently attended a John F Barnes' Myofascial Release seminar and workshop from May 30-June 1, 2014 in Cleveland, Ohio.



Courtney Yogus, MPT



Marissa Leydig, DPT

Generally Speaking...

Myofascial release is a soft tissue therapy for the treatment of skeletal muscle immobility and pain. This therapy relaxes contracted muscles, improves blood and lymphatic circulation, and stimulates the stretch reflex in muscles. Myofascial release can be used in the treatment of:

- Back Pain
- Headaches
- Whiplash
- Pelvic Pain
- Neck Pain
- Sports Injuries
- Chronic Pain
- Disc Problems
- Migraines
- Pelvic Floor Dysfunction
- Neurological Dysfunction
- Fibromyalgia
- Chronic Fatigue Syndrome
- Carpal Tunnel
- Jaw Pain (TMJ)
- Painful Scars
- Scoliosis
- Sciatica
- Myofascial Pain Syndrome
- Women's Health Issues

Technically speaking...

The course consisted of an explanation of myofascia release along with contraindications. Courtney & Marissa learned techniques for soft tissue mobilization to include: J stroking, vertical stroking, strumming, and scar releases. They also were instructed in deep myofascial release, which is referred to as cross hand technique for lumbar and thoracic regions along with arm and leg pulls. The course gave them additional information on other myofascial techniques for lumbosacral decompression, pelvic floor, respiratory diaphragm, thoracic outlet, cervical area. Courtney & Marissa also had an introduction to Craniosacral therapy and were instructed in beginner's techniques. The course ended with how to perform myofascial trigger point exam.

Ask your doctor if you could benefit from a myofascial release session at CrossRoads Physical Therapy!