

Fabulous Fascia



A 2-day Introduction to Myofascial Release Therapy

What is Fascia?

Fascia is the immediate environment of every cell in the body. It surrounds, infuses and protects all other tissues and organs of the body. It provides cushioning and support so that we can move freely without restriction or pain. The two main components of fascia, elastin and collagen, allow it to be very strong and yet, very flexible. Fascia is responsive to internal and external forces and has a protective function. Fascia becomes hardened, forms scars and develops tension lines in response to trauma and poor postural habits.

What is Myofascial Release

Myofascial Release is a specialised, hands-on, physical therapy that uses techniques of gentle sustained pressure and stretching to release restrictions within the fascial network. This safe, gentle but powerful therapy is highly effective in releasing tensions, easing the pain and discomfort caused by restrictions and helping to restore function.

MFR is performed directly on skin without oils or creams. This enables the therapist to detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia. The John F Barnes Myofascial Release approach emphasizes the importance of waiting at the barrier of a gentle stretch for 5 minutes or more in order for the fascia to respond, this requires patience and presence, good body dynamics and appropriate positioning.

Entry Requirements:

Students must:

Be over 18 years of age

1. Have an adequate level of written and spoken English
2. Have adequate physical and mental health (no contra-indications to giving or receiving body massage)
3. If physically challenged, have sufficient ability to perform the MFR techniques listed in the syllabus
4. Have previous qualification that includes examined study of Massage, Anatomy, Physiology & Pathology to level 3, for example; M.T.I. Diploma in Holistic Massage or I.T.E.C. Anatomy Physiology & Massage.

Course hours

9:30 – 17:30 hours Total learning hours: 15 hours

Aims of the 2-day course:

To explore basic theories of fascia
To observe and palpate for fascial restrictions
To develop practical skills of myofascial release, direct and indirect
To experience and affect changes in fascial tissue

Outcomes:

By the end of the course participants will:

- Know the nature of fascia and why it's so important to work at this level for lasting change
- Identify contraindications for MFR
- Learn palpatory and observational methods for identifying fascial restrictions including
- Experience couch-based, direct fascial techniques
- Experience giving and receiving indirect fascial release techniques; the classical cross-hand release, arm/leg pulls and transverse planes
- Learn how to use myofascial techniques in a variety of positions and areas; prone, supine, side-lying and seated
- Explore fascial self-care using 4" balls
- Explore the body language of unwinding and how to respond

Palpation and assessment skills and MFR Techniques included:

- Assessing fascial restriction through observation and with simple palpation techniques including pelvic alignment
- Couch-based, direct fascial release techniques
 - 'J' stroke
 - Strumming
 - Skin Rolling
- Indirect fascial release techniques
 - Cross-hand Release in various areas and positions
 - Arm / leg pull
 - Seated neck stretch
 - Transverse planes
 - Occipital condyle Release
- An introduction to unwinding

Following this course, therapists will be able to add the techniques learned to their existing repertoire of skills to benefit their clients.

Practicalities:

What to bring

- Shorts or similar and vest top to be treated in, underwear and swim wear can also work. Female participants, please no sports bras or 1-piece swimwear
- Pen and paper
- Food for lunch (drinks are provided)
- Hand sanitizer, baby wipes and a towel to cover you

Other important points

Myofascial release is applied on dry skin therefore creams, oils, lotions, makeup and fake tan can make performing these techniques difficult. Please limit the use of these products for the workshop and where possible please avoid using them.

Wear comfortable clothes that you can layer to keep you warm.
A handout will be given to you on the day

There are no written exams but techniques will be informally assessed throughout the day with your tutor. A Certificate will be issued at the completion of the second day.

Small class numbers ensure plenty of individual attention.

Equal Opportunities:

Our organisation provides equality of training and care to everyone, regardless of people's age, disability, gender, gender identity, race, religion or belief or sexual orientation. People with disabilities are encouraged to contact the training centre to discuss their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.

Course Facilitator:

Sally has been practicing massage for over 28 years and has been teaching for over 25 of those years. She originally trained in myofascial techniques with Ruth Duncan (MFRUK), gaining her certificated qualification in 2012.

Since 2015 Sally has travelled to America to train extensively with John F Barnes, considered the Father of MFR, she has worked alongside John and his staff at Therapy on the Rocks during a Skills Enhancement programme and completed the prestigious MFR 3 training with John in 2018, this was the same year she was acknowledged as a JFB Study Group Leader in the UK.

In 2014 Sally attended a Women's Health training course with American therapist and trainer, Nancy Stewart. In February 2019 she will be taking the course with John F Barnes.

JFB Seminars Completed – MFR 1 & 2, UNW, AUNW, RB, CT, FP, QL, SES, T4T, MFR 3