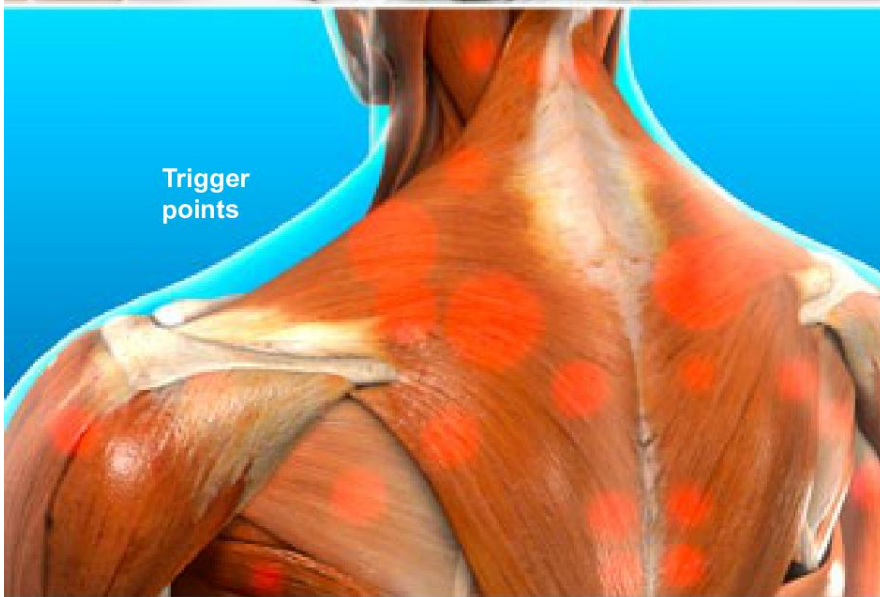




## Myofascial Release



### Overview

If you have long lasting muscle pain, myofascial release may help. This therapy targets the layer of tissue that covers your muscles. It's called the "fascia." It can become tight. It can lead to sensitive places called "trigger points." Myofascial release can help relax your fascia to reduce your pain.

### Types of Release

During myofascial release, your therapist gently stretches the fascia in places where it may be contracted. Your therapist may use an open hand, a closed fist, an elbow or massage tools to put direct pressure on places that feel stiff and tight. Stretching and spreading the fascia can help it relax, which can let your muscles move more freely.

### Safe Care

Myofascial release is a safe and effective way to care for many types of pain. You may benefit from a continuing care plan.