



*Myofascial Release is for  
you!*

*The patients guide to getting  
the most out of your MFR  
sessions*



"BE REALISTIC AND SET REALISTIC EXPECTATIONS.."

Many patients have an all or nothing attitude when it comes to healing from whatever injury or trauma they are experiencing. Pain can really drive a person to feel desperate for relief. That relief is attainable but you need to be sensible. Setting unrealistic goals and timelines can lead to sabotage.

*"Even with setbacks, you can meet your goals!"*

Set attainable goals and a realistic timeline for healing. Consider that however long you have been experiencing the injury is usually the minimum amount of weeks/months/years/ of treatment it will take to be fully healed. That might freak you out to hear, and that is ok. Please evaluate your goals and see if you can find a healthier expectation and timeframe that will not sabotage your ability to heal fully. Usually the only person in the way of healing is ourselves and our excuses.

## An example of a real life client:

This client came to me after the birth of her 4th child.

She was 6 weeks postpartum and for years had experienced difficulty sitting comfortably in the car even for quick trips to the grocery store. She was finding she was unable to do the things she most enjoyed.

She had a high amount of pain everyday and it was getting worse by the day.

Her first goal was to be able to tolerate sitting for up to 30 minutes.

Her long term goal was to be able to ride from Wisconsin to Indiana. Another part of the goal included the ability to enjoy herself when she got to her destination tolerate the return trip.

The patient came in with the idea she would meet her end goal within 12 months of weekly treatment. Because her timeline was so reasonable, even with setbacks along the way she was never discouraged as to her ability to heal and to meet her goal. She actually met her goal a lot earlier.





*Make self-treatment a priority!*

To help deepen your in person treatment sessions and to expedite the healing process you should participate in self treatment as much as possible in between sessions. Your therapist will most likely invite you to join an online group with videos and content related to self treatment as well as give you suggestions while you are in the office for how you can treat yourself related to your specific condition(s). The more you treat yourself, the better your results will be. You will have a deeper understanding of what is actually causing or contributing to your pain and will be able to quickly help yourself during a painful flare of symptoms or in times of a healing crisis. Self treatment gives you a lot of control over your pain. All you have to do is follow the tips provided and do your best. You don't have to know a lot about how the body works to efficiently care for yourself.

## TREATMENT PLANS

When you are first starting MFR treatment it might be advised to get more treatment closer together.

This will help you to get through your first healing crisis which can sometimes feel scary because it is a new experience, and will also propel you into your healing journey.

You can feed back to your therapists right away any new areas of pain or anything else coming up for you during and after treatment. This will lead to more self treatment sessions.

Also with several sessions scheduled close together your therapists can work to help balance your pelvis and any other postural deviations that may be contributing to your pain condition either indirectly or directly.

So don't be surprised if you need weekly treatments or more for a while. Your therapist will want to get your feeling better as soon as possible and is making decisions based on what they see when you come in for treatment, after they have had their eyes and hands on you to understand the full picture.



# Why do I feel worse?

YOU WOKE UP THIS MORNING AND YOU FEEL AWFUL? THIS PAGE WAS WRITTEN JUST FOR YOU

Don't panic if you feel worse before you feel better. When you receive MFR treatment you are getting the most effective pain therapy offered. Now that doesn't mean that the journey to a pain free and active lifestyle is going to be without pain, or hard times.

When you wake up in the morning and feel like a truck backed over you, you will understand what I'm talking about...If this is you, do not panic. This is a healing crisis.

Healing is not linear and sometimes you have to process and go through a full felt experience to get to the other side. Instead of trying to escape what you are feeling, try to sit with it. Experience it. You are not injured.

The injury already occurred and you survived. But all day long your body and mind don't understand this on some level yet, so allow the process to happen. Feel into your pain, and your fear and all of the things that come up for you.



Tell yourself that you survived and feel what that feels like.

Realize that you are strong and that you are capable of healing.

Even if you are in pain.

Then go back to some of the self treatment skills you have picked up and try a few of those things.

Then do something else for a while. Don't try to figure things out.

The more you allow yourself to process this the faster and easier you will start to feel your new normal.

Also do not force. Forcing through or over treating is not helpful and can injure.

So keep that in mind. Less is more. You already survived. Keep reminding yourself.

## ENJOY THE JOURNEY

Sometimes after treatment you may have a felt sense or a reclaimed sense of joy.

Embrace this and go with it.

I've had feedback from clients that they danced down the grocery aisle or danced in their kitchen after treatment, kind of out of the blue, they just felt like moving in a fun way.

Play around with this. Do you allow yourself moments of joy or play?

If you don't, see if you can add that in for a few minutes at a time.

Even if it feels weird at first. Have a childlike sense of wonder and experience your world with amazement and joy. See what that feels like.

Throughout our lives we lose the ability to play because we are busy being adults and busy living our lives.

See what it feels like if you can stop and take the busy out of it, and just experience the things that bring you joy. Remember the feeling? You can enjoy your life.

## ENJOY YOUR LIFE



# Is MFR for me?

## *MFR is for you if:*

- You are tired of not feeling as good.
- You are ready to heal.
- You want to show up and participate in your sessions.
- You want to do self care treatments at home.
- You are able to set realistic goals and time frames.
- You've stopped activities because of a chronic pain condition over time and you want to do those activities again.
- You've stopped activities because of a new injury or surgery and you want to do those activities again.

## *MFR is not for you if:*

- You don't want to get better.
- You want someone else to fix you.
- You don't want to take any responsibility for your healing.
- You are just coming to relax.
- You'd rather be catching up on your sleep.
- You aren't willing to make yourself a priority.
- You don't really believe you can heal and you aren't willing to try.

## *About the Author*

In 2006, while in massage therapy school, I was involved in my first of several car accidents. I also suffered several head traumas from various injuries that led me to chronic neck pain for many years. As the years went on, the pain continued and progressed. I tried many different treatments that only provided temporary relief.

Once I began working as a massage therapist I met people suffering from chronic pain and I wanted to help because I could relate to their pain. Even with what I learned in school and continuing education courses, I didn't see results for myself or my clients that I knew were possible.

In 2018, I found myself at a John F. Barnes myofascial release seminar. That class changed everything. I knew at that point I could finally help myself and others. I started getting treated regularly. Overtime, I started to have less pain. I didn't realize how much exhausting pain I had daily until one day I got out of bed and started my day and realized my neck didn't hurt like usual. That was such an exciting moment because I had been in pain for so many years.

When I decided to become a Myofascial Release therapist I knew it was serious because I had such a strong desire to show people what is possible for them. Helping patients return to a pain free and active lifestyle is such a rewarding experience.

I continue to take and retake classes to provide the best treatment possible to my patients. I also continue to receive treatment for myself because it is important to care for my own body. The journey to a pain free lifestyle is not always fast or fun but it is definitely worth it!



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