

## IMPROVE FUNCTION



A visual of fascial restrictions. Someone experiencing low back pain, might have other locations contributing to the symptoms. This is demonstrated by the pulling of the web in this drawing.



## MEET OUR THERAPISTS

### **Deborah Mitchell, PT, DPT, MPT, CGS**

She has been a PT since 2002, and is recognized as an expert level MFR therapist. Dr. Mitchell also is successful treating orthopedic, post-surgical, wellness, balance and fall prevention cases.

### **Allyson Stellmach, PT, DPT**

Doctoral graduate from UIC and has been studying MFR since graduation. Dr. Stellmach played collegiate volleyball and enjoys treating all ages and athletic abilities.

### **Ami Wilson Kalisek, LMT**

Licensed Massage therapist, who is also an expert level MFR therapist. Her other specialties include, lymphatic drainage therapy and therapeutic body work.

**ALL OUR THERAPISTS ARE  
JOHN F. BARNES, PT TRAINED**

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## MYOFASCIAL RELEASE



At

**Red Rock Physical  
Therapy and Wellness**

Phone: 815-451-4502

5435 Bull Valley Road  
Suite 110

McHenry, IL 60050





MYOFASCIAL RELEASE

## WHAT WILL A SESSION BE LIKE?

Each one-on-one session is individually tailored to our clients needs. A detailed assessment of your movements and posture are completed first. Releasing fascia requires a sensitive and slow approach applied directly to the skin. The techniques may be quite gentle. Often there are many layers to a problem, and like an onion the therapist will work to unravel the layers, and help you return to your active lifestyle.

Soreness is possible afterward, this soreness is similar to the temporary soreness that can result from exercise.

# WHAT IS MYOFASCIAL RELEASE?

“Myo” refers to muscle, and “fascia” to the elastic web of connective tissues. This is a specialized system, similar to a web, connecting your body together. Myofascial release is a safe, hands-on technique that involves applying gentle sustained pressure into the fascial system to help decrease pain, improve posture, and increase movement.



## WHY IS FASCIA IMPORTANT?

Fascia supports and surrounds everything within the body including muscles, organs, bones, and nerves. When fascia is tight it pulls these structures causing pain, and limiting mobility.

## WHAT CAUSES A RESTRICTION

Normally, in a healthy state, the fascia has the ability to stretch and move without tension or restrictions. However, when we experience trauma, inflammation, surgical procedures, and microtraumas throughout our life, they create myofascial restrictions. These restrictions can produce pressures up to 2,000 lbs/inch.

## WHY HAVEN'T I HEARD ABOUT THIS BEFORE?

Often myofascial restrictions do not show on standard tests including x-rays, MRIs, CT scans, and EMG, so they can be overlooked. We use the sustained MFR release, along with rebounding and unwinding as developed and taught by John F. Barnes, PT.

## WHAT CAN MYOFASCIAL HELP WITH?

MFR can help with many conditions..

- \*Back pain
- \*Chronic Fatigue Syndrome
- \*Headaches
- \*Carpal Tunnel
- \*Whiplash
- \*Jaw Pain TMJ
- \*Neck pain
- \*Scars/adhesions
- \*Sport injuries
- \*Scoliosis
- \*Chronic pain
- \*Sciatic
- \*Disc problems
- \*Many More
- \*Pelvic pain
- \*Fibromyalgia

