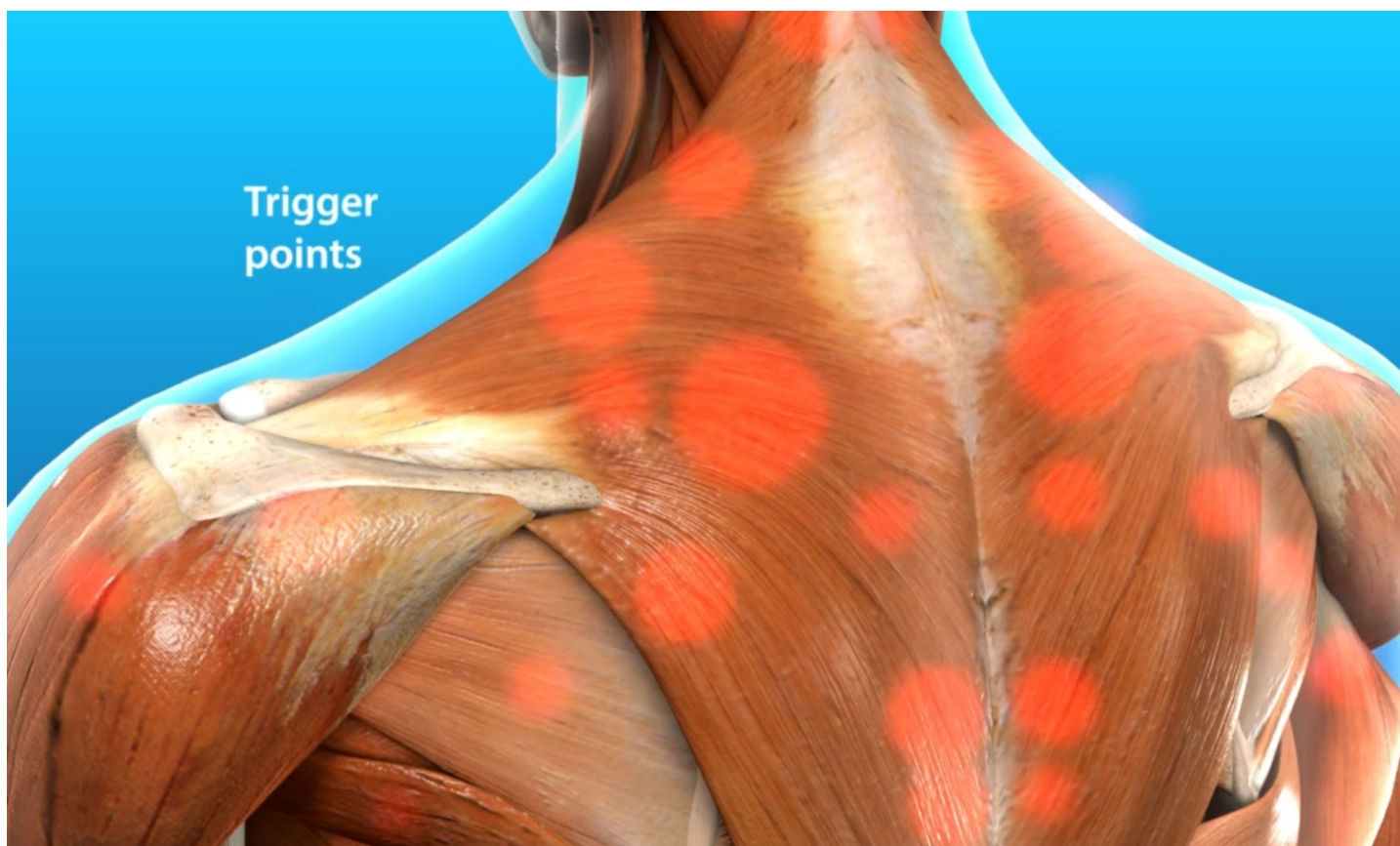


## Myofascial Release

### Overview

Myofascial release helps with long lasting muscle pain. This therapy targets the layer of tissue that covers your muscles, called the fascia. This tissue can become tight and lead to sensitive places called "trigger points." Myofascial release therapy helps relax your fascia to reduce pain.



### Types of Release

Your therapist will gently stretch the fascia in places where it is constricted. Your therapist will do this using an open hand, a closed fist, an elbow or massage tools to put direct pressure on places that feel stiff and tight. You may be shown stretching exercises to help the fascia relax, letting your muscles move more freely.

### Safe Care

Myofascial release is a safe way to effectively care for many types of muscular pain.