

Jocelyn Littlejohn - Romero, PT
Specializing in the John Barnes' Approach to Myofascial Release

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Myofascial Release Post-Session Information

I hope you enjoyed your Myofascial Release session. Myofascial Release is different from other types of bodywork that you may have experienced. MFR addresses restrictions and habitual patterns deep within the fascial (connective tissue) system of the body, so the treatment does not end once you get off of the table. Your fascial system may continue to unravel and release for hours or even days after you leave. This is normal. Continue to tune into your body. You may feel exhilarated or energized, calm and quiet, relaxed or exhausted, moody and emotional, or anywhere in between. Listen to your body and flow with whatever is coming up. Be gentle with yourself.

Most people feel better immediately following a session, although some may feel sore and temporarily stirred up – this is called the “healing crisis”. In other words, you may get worse before you get better. As restrictions are released, your body may shift its alignment – you may feel achiness in areas that were not achy or painful before the session. In rare instances, this therapeutic pain may manifest as overall soreness. This may be your body asking for more attention as deeper layers of restriction are uncovered. Gently stretch these areas. In most cases, soreness will dissipate within a couple of days and then you will feel freer within your body. It is best to drink lots of water. After treatment, it is important to rehydrate and flush toxins out of areas that were restricted.

Healing is not an event – it is a process. It is recommended that you schedule a follow-up session as soon as possible in order to continue with the progress made today.

Myofascial Release is an authentic healing approach that can help you reduce pain, enhance inner tranquility, and improve the quality of your life.

If you have any questions, comments, or concerns about your session today, please feel free to call me at 916 – 202 -1980.