

SOFT TISSUE RELEASE: PASSIVE & ACTIVE

What is Soft Tissue Release?

- Soft tissue release techniques incorporate mobilisation of joints in order to stretch or mobilise either an entire muscle or specific parts of a muscle.
- The primary aim of soft tissue release is to remove physical (adhesive) restrictions to increase ROM and mobility.
- Variations of the technique include:
 - Passive.
 - Active assisted.
 - Active.

How is the technique is carried out?

Protocols:

- The muscle is placed in a shortened position either passively by the SMT or actively by the client.
- Pressure is applied to the restricted soft tissues using a reinforced hand position to 'lock' the soft tissue in place.
- While maintaining pressure, the joint closest to the area is moved to create a focussed stretch of the tissues between the lock and the joint, resulting in a shearing force between the tissues separating the adhesions (Passively first, then client assisted).
- The technique can be repeated for up to two minutes, depending on the client's response and the affected tissues.

What are the benefits?

- Increased soft tissue mobility (muscle fascia).
- Promotion of optimal scar tissue formation in soft tissue injuries.
- Breakdown of fibrous adhesions in soft tissues.
- Positive influence on soft tissue repair.
- Improved ROM in joints.
- Promotion of muscular balance.

Are there any risks/contraindications?

- Overuse of the treatment could lead to excessive tissue trauma and the possibility of a negative neuromuscular response (defensive muscular spasm).
 - Monitoring of the client via verbal feedback remains vital.
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