

5 SIMPLE AND EFFECTIVE SELF HELP TIPS FOR

Myofascial Release



RENDÓN
PHYSICAL THERAPY

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#1: BANDED STRETCH ASSISTANCE

Banded stretching is a unique and powerful way to leverage tissue length by using light resistance and traction. Revolutionary to Arms, upper trunk and Lower extremities to get a stretch + traction effect. Grab a stretch band, loop it around something, hold onto it and lean back until you feel a firm but comfortable stretch through the limb you are stretching. Always remember to follow the 3 cardinal rules of stretching: a) moderate stretch intensity, b) hold 60 seconds, c) repeat 3 times per limb x2/day.

#2: FOAM ROLL

Foam rolling is not fancy nor is it highly specific. It's a gross all encompassing way to plow through your own tissue to ease tension pressures. If done correctly it can alleviate tones of pressure and provide excellent self maintenance to your own fascial health. Rule of thumb: Start slow and avoid very painful areas. Plow through your tissue and keep breathing. 1 min per limb or 2-3 mins on hips or trunk.

#3: BALL TRIGGER POINT WORK

This is a easy and very inexpensive way to roll out all that tight fascial tissue under your foot.

Grab a ball, that place it on the floor, and with a barefoot begin to roll from heel to toe up and down, left to right, all around. Pain attention to the extra sensitive spots and spend a little more time there. Do not try to 'smash' it free, wait and be patient. I tell my patients to invest at a minimum 3-5 minutes per foot. This can also be used around the shoulder girdle region.

#4: HIP FLEXOR STRETCH

Hands down, the hip flexor is called one of the most vital muscle of influence in our body. Know how much it can influence our whole system will give you understanding on keeping it lengthened. Maintaining good hip flexor length will allow for homeostasis in your body and function.

Do the following: Place a pillow on the floor, Place one knee on it and the other foot in front of it. Lean forward on the front foot and keep your back upright. You'll begin to feel a stretch in the upper front thigh. Remember, what you do to one side, be sure you do to the other side. Remember the fundamental rules of stretching: a) moderate stretch intensity, b) hold 60 seconds, c) repeat 3 times per limb x2/day.

#5: GET A MYOFASCIAL CLINICAL SPECIALIST/PHYSICAL THERAPIST TO EVALUATE YOU AND FASCIA.

Didn't know that you can walk in off the street and get a Doctor of Physical Therapy to evaluate your musculoskeletal impairments? We've been doing it for years but insurance's want to streamline you into their protocol, so everyone gets a little bit of the pie on your health, pain and time... Don't let Big Pharma, Big Insurance or other practitioners decided what you should do to have a skilled, highly trained specialist evaluate, consult, listen and implement what is the best choice of treatment for your needs and goals.... Especially if it regards your fascial pain!

KEY:

Call Rendon Physical Therapy, Inc at 909-796-0012 to schedule a consult, discovery visit (no commitment) or start treatment. Bianca is our front office manager and she'll answer your questions, in English or Spanish.

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