

## **Frequently Asked Questions**

### **What can I expect from a Myofascial Release Therapy (MFR) treatment?**

Expect a relaxing, healing experience. Deep pressure mobilization can be used for stuck tissue, but never forceful, aggressive, or painful. Most of the session is gentle pressure, which allows deep healing down to the cellular level, for maximum impact. Everyone responds uniquely to MFR. Many feel differences immediately, and some require additional treatment sessions to feel improvements of their symptoms.

### **What should I do after a MFR treatment?**

Drink pure, unflavored water. Water will help cleanse your body, and will help decrease soreness you may have after treatment. If you feel tired afterwards, rest. If you feel emotional, be emotional. If you feel energized, participating in pain & strain-free activities or light exercise is appropriate.

### **What if I feel sore, or experience a flare-up of my symptoms, after treatment?**

As your body begins to release, your posture and positioning in space changes. Thus, your body may be working and moving in an entirely new way even after just one treatment. If you have had deep tightness for a long time, this can result in soreness or a trigger flare-up. As you continue with self-care and proceed with your MFR treatment sessions, the frequency and intensity of flare-ups will decrease. At the start, it can feel like you are taking two steps forward and one step backward. If you experience a flare-up after treatment and feel unsure, please call your therapist for specific guidance.

### **What is the MFR self care?**

As part of your treatment sessions, you will learn how to treat yourself at home using tools like the therapy ball and foam roll. Self care between hands on MFR treatment sessions will drastically speed your progress. The use of self care also decreases the number of treatment sessions required to meet your goal.

### **Why is pressure held in one spot for so long during MFR treatment?**

It takes a minimum of 5 minutes of gentle, sustained pressure for restricted fascia to release. Holding pressure for 5 minutes or more allows the restricted and solidified fascial tissue to change to a more fluid and pliable state. This will allow your entire body to move better inside and out, for long-term relief.

### **Why am I receiving treatment to other parts of my body that don't even hurt?**

Since fascia is a full body system, one part affects the other (Biotensegrity). Often there are 'silent' areas of tightness that contribute to your symptoms. Thus, it is important to treat your entire body, even parts that don't hurt, to achieve good posture and fluidity throughout your entire body. This eliminates tension and helps you return to a pain-free, active lifestyle.

### **How often should I schedule treatment sessions?**

In the beginning, it's recommended that you have 8-12 sessions over a two month period (two sessions per week in the first month, 1 per week in the second month). Once your symptoms begin to ease and your short term goal has been met you can span your treatments out to suit your needs (Once or twice per month, for example).

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