

Crushing Pressure: John F Barnes PT, LMT, NCTMB.

September 19th, 2012

It is believed that an extremely high percentage of people suffering with pain, unwanted premature effects of aging and/or lack of motion may be having myofascial problems. These individuals must go undiagnosed, as the importance of fascia is just now being recognized. All of the standard tests, such as X-rays, myelograms, CAT scans, electromyography, etc., do not show myofascial restrictions. Fascial restrictions can exert tremendous tensile forces on the fascial, neuromusculoskeletal and pain-sensitive structures. This enormous pressure (approximately 2,000 pounds per square inch) can create the symptoms of pain, decreased muscular tone in the face and neck or chronic facial tension.

Fascia is tough, connective tissue that spreads throughout the body in a three-dimensional web from head to foot without interruption. The fascia surrounds every muscle, bone, nerve, blood vessel and organ of the body, all the way down to the cellular level. Therefore, malfunction of the fascial system due to trauma, surgery or inflammation can create a binding down of the fascia, resulting in abnormal pressure on nerves, muscles, bones or organs.

