

Resonance: By John F. Barnes PT: February 19, 2013

The sustained pressure of myofascial release eventually energizes the liquid crystals of the body to rise to a level of excitation where resonance occurs. Resonance is where the molecules begin to vibrate in unison allowing the blocked energy to flow and the tissues to rehydrate. This vibrational resonance and resultant reliquidation of the tissue is what I call a “release.”

Myofascial rebounding has a lot to do with frequency and rhythmic vibration transforming the energy of the fluid system into resonance. Resonance is the basis of the release that occurs from all forms of myofascial release. The resonance of our internal “liquid light” acts like a tsunami (tidal wave) washing away restrictions to decrease pain and increase motion. Your clients will love myofascial rebounding for it creates the opportunity for an “oceanic” experience that is profound and life changing.