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Trauma: By John F. Barnes, P.T., L.M.T., N.C.T.M.B.

Myofascial release allows for "flashbacks" of past traumatic events to emerge.

Myofascial release and myofascial unwinding start in the present moment, releasing fascial restrictions then working in reverse, altering the habitual muscular response and allowing the positional, reversible amnesia to surface, producing emotions and beliefs that are the cause of the holding patterns and ultimate symptoms. Thus, it is important for the therapist to quiet his or her mind and feel the inherent motions.

Quietly following the tissue or body part three-dimensionally along the direction of ease takes the client into the significant restrictions or positions. With myofascial unwinding, the therapist eliminates gravity from the system. This unloading of the structure allows the body's righting reflexes and protective responses to temporarily suspend their influence. The body then can move into positions that allow these state-or-position-dependent physiologic or flashback phenomena to reoccur. As this happens within the safe environment of a treatment session, the therapist can facilitate the body's inherent self-correcting mechanism to obtain improvement.

The myofascial release approach creates whole-body awareness, allowing the massage therapist and body worker to facilitate change, growth and the possibility for a total resolution of restrictions that impede client progress.