



## Peak Performance Therapies: Myofascial release (MFR)

**NAME:**

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This worksheet is a supplement training guide to “Peak Performance Therapies: Myofascial release” video published on June 15, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

This guide is the seventh video of our peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs. In this video, we discussed about Myofascial release (MFR). What is it? How it can help you?

### What is Myofascial release (MFR)?

The term myofascial release is derived from the Latin words myo (or muscle) and fascia (or elastic band). It is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to restore motion and eliminate pain. It is a specialised physical and manual therapy used for the effective treatment and rehabilitation of soft tissue and fascial tension and restrictions. During a myofascial release session, the therapist will apply hands-on massage strokes in order to release tension from the fibrous bands of the muscles, joints, nerves, and bones, by unblocking any adhesions and scar tissues.

Some of the benefits of myofascial release are the following:

- Improve range of motion
- Improve sloppy posture
- Increase blood flow
- Severe tension and anxiety
- Improved performance
- Stress injuries of the muscular-skeletal system
- Reduce muscle soreness

Define your purpose? What is the reason for you to consider craniosacral therapy? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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