

Myofascial Release Therapy Relieves Pain and Restores Motion

John F. Barnes Myofascial Release (JFB MFR) is a safe and effective, hands-on technique that involves applying gentle, sustained pressure into myofascial connective tissue restrictions to eliminate pain and restore motion. The prefix “myo” refers to a muscle, and fascia is a tough connective tissue that supports and surrounds every muscle, nerve, blood vessel, bone and organ in the body. Fascia is present in our body from head to toe.

Myofascial restrictions cause our body to be out of optimal alignment, not allowing it to work properly or freely and over time, may cause lack of mobility, dysfunction and pain. Perceived pain may be local to the restrictions or in seemingly unrelated areas of the body away from them.

MFR helps to release the entire myofascial complex and eliminate pressure from pain-sensitive structures. Upon a comprehensive initial evaluation addressing posture, structural alignment, range of motion, myofascial flexibility and mobility, the therapist will identify

the areas and parts of each unique individual's body that need to be released and opened. MFR treatment is then performed on the skin, without lotions or oils, to effectively release the restrictions.

MFR is not a massage. MFR therapists provide sustained, gentle, pressure for a minimum of two to five minutes in the areas of restriction or as long as it takes for restrictions to release. This allows the fascia to elongate naturally and effectively, returning to its normal resting length and providing results that are measureable, functional and long-lasting. “MFR can never injure or harm you,” states Rowena Cua, a licensed massage therapist and owner of Body Resonance Myofascial Wellness Center, in Las Vegas.

According to Cua, “Myofascial release involves more than structural or physical improvement. There is an intimate connection between body and mind. Memories can become locked within the fascial system from what is known as your body's tissue memory, and can oftentimes manifest themselves in the



physical or emotional pain that you feel. With the help of MFR, the physical and emotional content of any injury, literal or symbolic, may be addressed in a safe and gentle way and environment.

“JFB Myofascial Release is a whole body approach that addresses the root cause of symptoms and releases them, thus allowing your body to return to its natural grace and fluidity of movement. You will experience healing on a faster rate and it will be more complete and lasting.”

Body Resonance Myofascial Wellness Center is located at 5463 S. Durango Dr., Ste. 120E, in Las Vegas. For appointments call 702-776-8881. For more information, visit BodyMFR.com.

With Myofascial Release, Your Body Heals Itself – Naturally

At Body Resonance Myofascial Wellness Center, we will help facilitate your body's natural healing ability—safely, gently, effectively.

Allows authentic, truly long-lasting healing

• **Improves ability to focus**

Allows physical, emotional and mental balance

• **Improves quality of sleep**

Eliminates pain, allowing for a more active lifestyle

• **Improves nerve function**

Increases mobility, flexibility, and energy levels

• **Improves postural alignment dramatically**



Feel straight, focused, energetic, peaceful and alive in your own body!



Schedule Your Appointment Now!
702.776.8881

Get treated by expert and advanced level John F. Barnes Myofascial Release therapists:
Rowena Cua, LMT, NCTMB and Dr. Rosemarie Cua-DeLeon, PT, DPT

5463 S. Durango Drive, Ste 120/E (Between Russell & Hacienda) • BodyMFR.com