

## Nuvein Magazine

### Lower back pain

Lumbar Back Pain Treatment, No Pain No Surgery, Sit Down Time.

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Welcoming Pain With Myofascial Release

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Written by Frances Nicolais

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The last several articles explored the many ways we can heal our chronic pain, disease and discomfort with fascia-based modalities like MFR.

*Fascia is very densely woven covering, which interpenetrates every muscle, bone, nerve, artery and vein as well as all of our internal organs including the heart, lungs, brain and spinal cord. ... It is actually one structure that exists from head to foot without interruption. ... Fascia also plays an important role in the support of our bodies since it surrounds and attaches to all structures. These structures would not be able to provide the stability without the constant pull of the fascial system. ... [from John F. Barnes, P.T.]*

As discussed previously, the only way to truly release fascial restrictions from past traumas, causing our long-term, chronic pain, disease and discomfort is to allow the emotions from these traumas to release from our tissues. Our last article explored "unwinding", the body's own self-correcting form of somatic movement. This will also be explained more fully in a future article, as there are many ways to "unwind".

During a myofascial release session, your body may or may not unwind. Your body may instead need stillness from the techniques which require lengthy, sustained pressure. Either way, participating in your session with internal focus to soften your body, often will help you access whatever emotion is behind or beneath the restrictions.

However, you will find that often as you soften into your own body, there is pain at varying levels during a position of unwinding or sustained stretch. Then, we almost always brace against that pain, hardening our bodies again, as the fear of feeling the pain is foremost in our minds.



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It's that fear which creates the bracing patterns we hold in our bodies everyday. We have pain and we brace against it – always – daily. It creates a cycle of just more pain and dysfunction until we end up with various "illnesses" and "conditions" such as arthritis, disc problems, fibromyalgia, etc.

While in a myofascial release session, your therapist is creating a safe environment for you to actually "feel" your pain and not brace against it. Your therapist will keep you safe from re-injury and allow you to experience anything you need to, in order to heal.

You will need to be active in your participation and truly remain focused inside your body, not your head (right brain vs. left brain). When you feel the pain, inform your therapist and your therapist will stay "with you" in that position until you are fully able to feel the pain and the emotion behind it.

It is at this time, that you may be able to forever release that pain, or you may need to peel away several layers which may be attached to that same dysfunction. Either way, you are on a path to true healing.

Once you have the experience of actually feeling the pain in a safe environment, AND what it feels like to get to the "other side" of the pain, it will not be so scary anymore, and you will actually learn to face and feel your pain with love and compassion. What a gift that is!

Be aware of how different your body feels after your session. Notice how you walk differently. Pay attention of your inner body. Allow new patterns to emerge as you move through life. Pause. Stretch and/or meditate daily. Your past bracing patterns may return if you do not follow-up with continued self-care, so it is imperative to be aware of your movements through life.

If you would like to find a Myofascial Release Therapist in the Los Angeles area, please visit my website listed below. If you would like to find a Myofascial Release Therapist outside the Los Angeles area, please visit John F. Barnes, RPT 's website: [www.myofascialrelease.com](http://www.myofascialrelease.com) and go to "therapists".

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