

The John F. Barnes Myofascial Release Approach™

INNOVATIVE SOFT TISSUE THERAPY



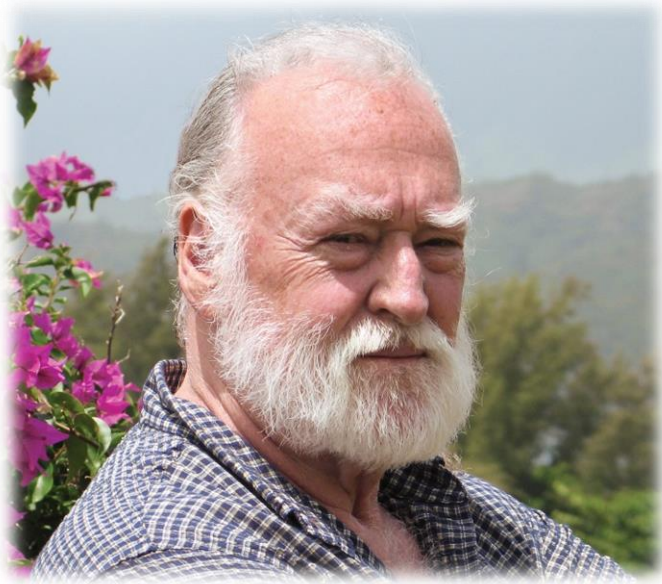
"...one of the most significant contributions to healthcare in the last 100 years."

- The American Back Society

A new approach: Discover how gentle, sustained, hands-on pressure can release tension in the connective tissue and ease the symptoms of chronic pain, recurring injury and muscle tightness - unlike any other form of therapy.



Perth Myofascial Release



Meet John F. Barnes PT

John F. Barnes is an American Physiotherapist who developed his myofascial release approach in the 1970s and has since trained over 75,000 physiotherapists, physicians, surgeons, osteopaths, massage therapists and athletic trainers. He presents regularly at the *American Back Society* where his approach was honoured as one of the most significant contributions to healthcare in the last century.

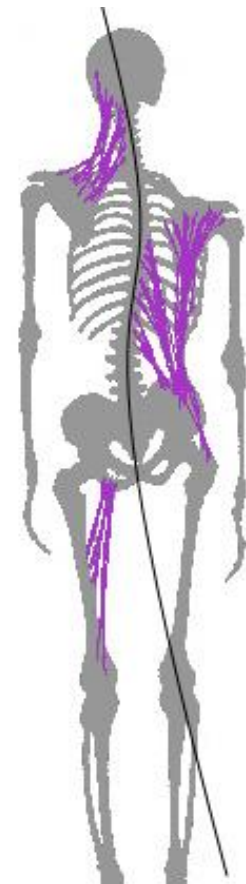
John has two major clinics in the USA where he treats patients from all over the world for whom traditional methods have failed to produce the desired treatment outcomes. His *low load over a long time* rationale has been clinically beneficial for over 40 years and scientific literature is now validating his approach.

Why Myofascial Release?

Beyond muscles, bones and organs, the connective tissue system of the body – known as fascia – is a continuous network of fluid-filled fibres that gives structure to the body. When this connective tissue is tight or restricted, it limits motion, prevents the flow of vital fluids, and can apply crushing pressure to pain-sensitive structures, organs, nerves and discs.

The contemporary understanding of physiology is based on cadavers – dead bodies – which are dry and brittle, and their fascial system is considered to be merely insulation. As a result, standard medical tests like MRI, CT, x-ray and blood tests do not show fascial restrictions, leading to the erroneous view that “...there is nothing wrong with you” amidst intense pain and unexplained symptoms.

Normal healthy fascia is supple, flexible, and hydrated but this cellular matrix – the very foundation of our body – can become a silent straightjacket of pressure that disturbs body chemistry, causes pain, alters posture and leads to stress and fatigue. Being the root cause of many symptoms, releasing the fascia is powerfully effective when the principle of *low load over a long time* is correctly applied.



What causes fascial restrictions?



The integrity of the body is preserved by a natural protective mechanism where the fascial system tightens to brace against injury, impact, overexertion, or stress. This is intended to be a temporary state until the threat has passed, the trauma is resolved, and the healing process can complete. Where the fascia continues to brace however, the tissue gradually dehydrates and solidifies, pain levels increase, and inflammation persists. The John F. Barnes Myofascial Release Approach™ is the only form of therapy known to address the root cause of tight connective tissue.

Where is the John F. Barnes Myofascial Release Approach™ most effective?

The clinical experience of millions of patients across North America would suggest this approach has the potential to minimize the symptoms associated with, and address the fascial restrictions contributing to the following conditions:

- Pain
 - Chronic Pain
 - Sciatica
 - Back Pain
 - Tinnitus
 - Migraines
 - Neck Pain
 - Scoliosis
 - Whiplash
 - Scars
 - Headaches
 - Sports Injuries
 - Fibromyalgia
 - Myofascial Pain Syndrome
 - Repetitive Strain Injury
 - Trigeminal Neuralgia
 - Chronic Fatigue Syndrome
 - Myalgic Encephalomyelitis
 - Thoracic Outlet Syndrome
 - Meniere's Disease
 - Irritable Bowel Syndrome
 - Carpal Tunnel Syndrome
 - TMJ or Jaw Pain
 - Trauma
- Women's Health*
- Period Pain
 - Endometriosis
 - Adhesions
 - Incontinence
 - Vulvodynia
 - Coccydynia
 - Pelvic Pain
 - Episiotomy Scars
 - Pudendal Nerve Entrapment
 - Infertility
 - Interstitial Cystitis



Sheldon Stackpoole MFRT



Roger Edmunds MT MFRT



Joni Edmunds DPT MFRT

Where is the John F. Barnes Myofascial Release Approach™ available?

Perth Myofascial Release is the only clinic in Australia offering this approach exclusively and hosts Australia's most highly-qualified therapists. Joni worked for the founder, John F. Barnes PT for two years in Philadelphia, Roger and Joni regularly assist at seminars, and Sheldon's long-term interest in soft-tissue injuries led him to pursue studies with John in the USA. The trio are excited to be promoting this innovative approach in Perth and offering a scientifically-sound, safe and effective treatment to the millions nationally who suffer from chronic pain. Pain is a message, not to be 'blocked' or 'managed.'

The Scientific Rationale

Fascia is a liquid-crystalline tissue matrix composed of elastin and collagen fibres within a gelatinous ground substance. Optimally, the fibres are arranged longitudinally, lubricated to glide on each other with a liquid ground substance. Injury and trauma cause cross-links to form between these layers of tissue, preventing their range of motion. Low intensity, sustained pressure or stretch precipitates an electrochemical reaction that causes cross-linked bonds to dissolve. This releases tension and allows the tissue to lengthen and rehydrate. A temporary elastic release can be felt within 30-60 seconds, but structural reformation of collagen fibres requires 3-5 minutes of gentle sustained pressure to create a lasting change in the musculature. Quickly rubbing or forcibly sheering these cross-links – as is the practice of other forms of myofascial release, deep tissue manipulation and foam-rolling – may yield temporary results but can actually cause scarring and further tightening of the fascia. Therapeutic interventions that trigger a pain response under the premise of *no-pain-no-gain*, actually lead to the formation of additional cross-links and tissue adhesions post treatment.

5 Secrets to Real Stretching

How to achieve lasting results in 5 minutes...

Secret #1: The true benefits of stretching are given to those who wait.

Most stretching today is held for 10 – 30 seconds. If you're super-focused and committed, you may hold for a minute to a minute-and-a-half and expect better results. Indeed, this is enough time to get 'a' release but not long enough to address the real cause of short, tight muscles. Science would say that within 30-90 seconds the elastin in our tissue will stretch, and elastin makes up approximately 20% of our muscle tissue. Within minutes, the elastin will spring back to where it was before (hence the name – elastic) leaving us exposed to injury again. The other 80% of our muscle tissue is called collagen and is the fibre that holds us together. Collagen is the true source of tension and tight muscles and is the 'real' release that once released, stays released – unlike the elastin that rebounds. Research is finding that the collagen in our tissue requires 3-5 minutes of constant sustained pressure to begin to release and holding the stretch longer than 5 minutes doubles the amount of natural anti-inflammatory production in the body.

Secret #2: *Stealth* beats *strength* every time.

The motto '*No Pain – No Gain*' does not apply to the human body. When the body is threatened, frightened, or over-stretched, it puts the brakes on and locks down in protection. It is a perfectly useful and necessary survival mechanism, but should never be self-induced. (This brace response can be a major source of recurring or chronic pain.) Therefore, the best results of stretching come when the pressure is gentle and is within the comfort tolerance of the body. Ideally, stretches should be modified so that gravity and body weight alone will do the work, leaving every muscle relaxed. If stretching hurts, is forced, or too intense, the tissue will oppose your efforts and become shorter, tighter, and more constricted.

Secret #3: It is hard to hit a moving *muscle* target.

However tempting it is to bounce, rub, roll, or move while stretching, it is the equivalent to waving bread past the toaster while making breakfast. If you're looking for lasting change, more supple tissue and longer muscles, it must be held in the one place. In addition to becoming longer, true stretching aims to rehydrate the tissue and make it more fluid, enabling good nutrients to flow in and toxic waste to flow out. The reason constant pressure is so important is that it creates an electrochemical process that changes the structure of the tissue. If you bail out of the stretch before the real release, this reaction stops and the clock must start again. Going back to the breakfast picture, it takes 3-5 minutes for a hard-boiled egg to change from a liquid to a solid. We are reverse engineering the process, waiting 3-5 minutes for knots and solid, grisly bits of muscle to become fluid again.

Secret #4: The key to *healing* is *feeling*.

Awareness is key. The mind-body connection demands that we give our full attention to sensations arising from the body because without it, our tissue will not be able to fully release – even if we are doing everything else correctly. Thinking about breakfast and other distractions actually limit the potential of our body to release, as does analysing or 'figuring-out' our symptoms. One of the easiest and most effective ways to be fully aware is to direct our breath into areas we are stretching and letting go of the tightness when we breathe out.

Secret #5: Like a loaded spring, let your body unwind tension naturally.

Our body has a natural self-corrective mechanism that may be the biggest secret of all. Given the opportunity to spontaneously move, the body will find the 3-dimensional positions in space necessary to unlock trauma, injury and cellular memory. This will reset tissue holding-patterns and speed the healing process. Like the stretch that happens on waking when we're in the twilight zone, our body knows how to move instinctively, complete with grunts, groans and yawns. Watch a cat – they do it several times a day. The John F. Barnes Myofascial Release Approach™ to stretching can keep our tissue supple and fluid all the time – not just in preparation for exercise – and thereby minimize muscle tightness, the symptoms of pain, and the risk of injury when we do exercise.