



unwinding

fascial facial

MYOFASCIAL RELEASE AND MYOFASCIAL

unwinding are safe, gentle and highly effective techniques utilized to release pain and enhance one's appearance by decreasing wrinkles and improving the tone of the face and neck.

Fascia is a tough, fibrous three-dimensional web that surrounds, infuses and controls every muscle, bone, blood vessel and nerve of the face, neck and body. Myofascial tightness (restrictions) profoundly affects the appearance of a person's face. Myofascial release can improve, maintain and restore a more youthful appearance and vitality.

Missing link

The importance of an entire physiological system, the fascial system, which profoundly influences all other structures and systems of the body has been generally ignored. This glaring omission has severely limited our effectiveness and the lasting quality of our efforts.

Fascial restrictions can exert tremendous tensile forces on the fascial, neuromuscular-skeletal and pain-sensitive structures. This enormous pressure (approximately 2,000 pounds per square inch) can create the symptoms of pain, decreased muscular tone in the face and neck, or chronic facial tension.

Anatomy and physiology

Fascia is a tough connective tissue that spreads throughout the body in a three-dimensional web from head to foot without interruption. The fascia surrounds every muscle, bone, nerve, blood vessel and organ of the body, all the way down to the cellular level. Therefore, malfunction of the fascial system due to trauma, posture or inflammation can create a binding of the fascia, resulting in abnormal pressure on nerves, muscles, bones or organs.

An extremely high percentage of people suffering with pain, unwanted premature effects of aging, and/or lack of motion may be having myofascial problems; but most go undiagnosed, as the importance of fascia is just

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now being recognized. All of the standard tests, such as X-rays, myelograms, CAT scans and electromyography do not show the myofascial restrictions.

Fascia at the cellular level creates the interstitial spaces and has extremely important functions of support, protection, separation, cellular respiration, nutrition, elimination, metabolism, fluid and lymphatic flow. In other words, it is the immediate environment of every cell of the body. This means that any trauma or malfunction of the fascia can set up the environment for poor cellular efficiency, necrosis, disease, pain and dysfunction throughout the face, neck and body.

Tissue memory

You may have experienced and/or noticed that clients have habitual expressions on their face (like a mask frozen in time). This can be caused and perpetuated by "tissue memory." Unresolved physical or emotional trauma becomes stuck, at the subconscious level creating an unattractive appearance, a rigidity of expressions and deep wrinkles. Myofascial unwinding can be extremely helpful in restoring a natural, youthful appearance. ➔

BY JOHN F. BARNES, P.T.

During myofascial unwinding, a reversible amnesia surfaces. This reversible amnesia is a "double-conscious state." In other words, what is learned or remembered at the time of trauma is dependent on the individual's psychophysiologic state. This block between the conscious and subconscious mind is the source of many poor or temporary results. Myofascial release and myofascial unwinding allow the individual

to be fully aware of this divided consciousness. Reactivating the conditions and the resultant physiologic responses during which they were acquired by this flashback phenomenon allow for conscious awareness and then the choice to change (freedom).

This is a total approach incorporating a physiological system, which when included with your expertise acts as a catalyst, yielding impressive, clinically reproducible results.

Myofascial unwinding techniques can provide a much more vibrant appearance to your client's face and neck.

Look and feel younger

Not only do myofascial restrictions create pain, headaches and the symptoms of fibromyalgia, they also seem to speed the aging process internally and externally.

From years of habitual pain, expressions, grimacing, anxiety and gravity, the fascia tightens and deepens the lines and wrinkles in one's face and neck. Myofascial unwinding techniques can provide a much more vibrant appearance to your client's face and neck.

Obviously, the internal beauty of physiological health is also very important. The environment of every cell, the fascia's ground substance, ideally should be fluid. Trauma, surgery and thwarted inflammatory responses tend to solidify the ground substance. This limits the amounts of oxygen, nutrition, biochemicals, hormones, information and energy that the 50 billion cells receive. The pressure of the restricted fascial system is interfering with the cell's delicate inner mechanisms. Recent research shows that debris, waste products and toxins that become trapped in the cell may be what leads to the decline attributed to the aging process.

I believe the solidification of the ground substance blocks cellular excretion, causing toxins to reach the lymphatic system so they become trapped and cannot be flushed out to purify cells.

It seems that excessive pressure and dehydration of the fascia's ground substance forces our molecules to tangle and stiffen with age. Cross links form, attaching the molecules together. Cross links stiffen our collagen and make our skin wrinkle. Chemists call this the advanced glycation end products, or AGEs.

The goal of myofascial release is to release the cross links to eliminate the pressure on our cells and therefore enhance our function, health and appearance.



OTHER IMPORTANT FACTORS CONCERNING THE MYOFASCIAL SYSTEM:

- It aids in circulation, especially in venous and lymphatic fluids.
- Fascial change will often precede chronic tissue congestion.
- Such chronic passive congestion creates the formation of fibrous tissue, which then proceeds to increase hydrogen ion concentration of articular and periarticular structures, and decreased tone of the face and neck.
- Fascia is a major area of inflammatory processes.
- Fluid and infectious processes often travel along fascial planes.

Myofascial principles

Learning where the fascial restrictions lie and how to release the restrictions by applying gentle pressure into the direction of the restriction creates a deeper therapeutic treatment with long-lasting results.

At first, the elastic component of the fascia will release, and at some point in time, the collagenous barrier will be engaged. The barrier cannot be forced (it is too strong). Wait with gentle pressure, and as the collagenous aspect releases, the esthetician should follow the motion of the tissue, barrier upon barrier, until freedom is felt.

Myofascial release creates a unique specialty for the spas, which results in increased income potential. The spa owner will be able to offer myofascial release facials as a special service to increase client satisfaction and earn higher profits.

Myofascial release is important and speaks for itself in the rehydration and rejuvenation of the skin. The results are immediately obvious and create tremendous positive "word of mouth" advertising.

Your expertise accomplishes wonders on the individual's external environment, while

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myofascial release (the missing piece of the puzzle) improves the internal environment for maximum beauty. ■



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