

***Presenting...* MyoFascial Stretch Therapy**



MyoFascial Stretch Therapy is a deep “UNWINDING” and loosening of the connective tissue that surrounds every muscle in your body. Unlike massage, the gentle Range of Motion (ROM) movement patterns used in this therapy mimic functional movement and help re-train the nervous system to allow more free motion. The session may also include the use of Deep Tissue or Trigger Point releases as needed, to help eliminate pain and dysfunction while gently loosening the connective tissue and fascia. This specific therapy is designed to help re-educate your body and reduce discomfort by restoring your body’s natural balance from the inside out.

This amazing form of neuro-kinetic massage is as therapeutic as it is relaxing. It is done wearing comfortable work out clothes and without the need for any oils or cream which provides a client with more options than a traditional massage on a busy day. The goal is to alleviate stress and Trigger Points in muscles and along joint lines to help restore **long-lasting, pain-free motion**.

Our bodies lose flexibility and overall function as we age, at the average rate of 1% a year. Not so long ago doctors thought this was just a fact of aging. Now new scientific evidence shows us that factors like: chronic pain, loss of movement and joint flexibility can account for an even more rapid acceleration of the aging process. This unwelcome affect is due in part to many factors including:

- ❖ Illness and Injury
- ❖ Lack of physical activity
- ❖ Painful overuse injuries -Common in recreational athletes
- ❖ Poor nutrition and hydration
- ❖ Everyday physical and emotional stresses that force our bodies into faulty movement patterns which limit our ability to use our bodies to their fullest potential.

Some benefits of MyoFascial Stretch Therapy include:

- ❖ Reduces risk of injury by improved flexibility and range of motion
- ❖ Enhance muscle recovery potential to optimize soft tissue healing
- ❖ Release of endorphins that act as natural pain suppressant
- ❖ Improved sports performance by helping the body “turn the power back on” through efficeient use of all the muscles and joints
- ❖ MFS Therapy can be easily integrated into any fitness program

MyoFascial Stretch Therapy helps to eliminate problems and stimulate energy flow by targeting specific areas of pain and restricted movement. The human brain recognizes everyday posture, muscle tension and movement patterns as being "normal" -- not necessarily as efficient or pain free. Stretch therapy begins to reeducate the central nervous system to accept the new postural patterns that are more balanced and less painful. Typically after several sessions functional flexibility is greatly improved, resulting in more normal movement patterns during work, play and everyday activities that are more fluid and energy efficient.

Jackie Suchsland is a Certified Personal Trainer and Peak Pilates Instructor, as well as a Licensed Massage and Certified Flexibility Therapist. She has an extensive background in Primary Care, Emergency and Occupational medicine and her years as a paramedic give her a unique perspective on Health and Wellness.



**Milton Levit Family Campus • 5601 S. Braeswood
713.551.7211 • www.jcchouston.org**