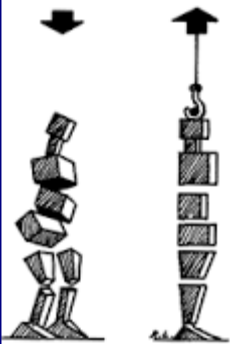


INNER CIRCLE INSIGHTS

Fascia

Fascia is a tough, continuous web of collagen, elastin, and gelatinous ground substance, which forms the connective tissue surrounding and infusing, separating and connecting every structure of the body right down to the cellular level. It gives our body shape and mobility. It provides a system for the exchange of information between all the structures of the body. One needs to be mobile and fluid for optimal body function. Therefore, malfunction due to trauma, poor posture, overuse and infectious disease, or inflammation can bind the fascia down causing abnormal pressures on these structures. This greatly influences the cells ability to respire, eliminate and oxidate, thus restricting the cell from receiving good nutrition and proper waste removal. Fascia has the tensile strength of over 2000 pounds per square inch, thus you can imagine the potential of these fascial restrictions to exert enormous pressures on the body's structures. Given this information we can see how the symptoms of intense and widespread pain and cognitive impairment can be produced. We can understand how someone can develop chronic pain, fibromyalgia, and chronic fatigue syndrome and most importantly we understand how he or she can be helped. We can further understand how medical problems such as scoliosis, ADD, respiratory, heart function can be affected.



This "straightjacket" of fascia pressure and tightness does not allow a person's body to function properly restricting blood flow, lung expansion and every body function. It's about holistic wellness, everything else you can buy a replacement for. If your body does not function in harmony there will be medical problems, one that a pill will not solve, but will mask waiting for another day to become another problem.

Let's take these thoughts a little further; imagine someone with these fascia restrictions as they lie down to rest or sleep, the tightness of these restrictions does not allow the muscles to elongate properly. Therefore; not allowing the person to rest properly, as it applies 2000 pounds of force per square inch, and stopping the person from entering into the deep "Delta State"; which is the sleep necessary for rejuvenation. These people are always tired and are chronically fatigued. Even while lying down these restrictions can cause compression of joint surfaces; the discs that lie between the vertebrae, which then compress the nerves, blood vessels, and muscles. This would explain why so many people wake up exhausted with increased pain, headaches, spasm and stiffness; becoming a vicious downward cycle, slowly worsening over time.

The good news is that these fascial restrictions can be effectively treated by one of our highly trained therapist using palpation skills to assess your restrictions. The treatment of fascial restrictions is done using a gentle form of prolonged stretching which relies on the feedback received by the therapist through the tissue and client, the direction of the stretch, the amount of force used and the deviation of the stretch. By responding to the subtle changes, which occurs in the tissue during the release, the therapist is able to work with the patient instead of on the patient. Treatment plans are individualized and make permanent structural changes to resume a healing lifestyle. The most efficient way to do this is thru 1-hour manual sessions, which are available, but regular treatments are also helpful; please see your physician for a referral for care. The alternative is to allow these problems to come and go as they continue to form deeper restrictions and complications to your entire body. The journey to good health may not be easy but I can assure you that it is easier than the long-term effects of dysfunction or injuries on your bodies system. Don't let these aches and pains continue; take action before it is too late.

Professionally yours,
Timothy M. Alloway M.S.P.T.

(Information was taken from various sources including: fibromyalgia PT today March 4th 1996 Benefits of myofascial release, craniosacral explained Vol. III & No. 35 Aug. 1984 PT Forum as well as John F. Barnes, myofascial release literature/coursework)

"The Natural Force Within Each of Us is the Greatest Healer of Disease" – Hippocrates