

Managing Chronic Pain With Myofascial Release

Presented by Darly Thoppil, OTR/L

About the Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

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Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI at pami@jax.ufl.edu or 904-244-4986.

Presenter Information



My name is Darly Thoppil. I am an occupational therapist and owner of Revive Rehab in Jacksonville. I have 25 years of clinical experience, specializing in neuro-rehabilitation and pain management. I am certified in neuro developmental techniques used to treat strokes and other neurologically conditions. I am also trained in Myofascial Release (MFR) treatment used for pain management. I have had the privilege of learning from John Barnes, founder of John Barnes' Myofascial Release treatment techniques.

I have worked in rehab hospitals, outpatient clinics, skilled nursing facilities, assisted living facilities, and school systems. During my early years as an occupational therapist, I always felt something was missing in treating pain management. I found the missing element when I learned about John Barnes' MFR approach, which is a holistic treatment that offered a more permanent resolution to pain. When I started using it in my practice, the results were astonishing. This technique to relieve pain is helpful to all age groups and has been a perfect addition to my practice.

Objectives

- ▶ Understanding the fascial system
- ▶ Understanding myofascial restrictions
- ▶ Understanding myofascial release
- ▶ Understanding the conditions that benefit from myofascial release (MFR) treatment

What is Fascia?

- ▶ Fascia is a tough connective tissue and three-dimensional web structure located throughout the body from head to foot without interruption.
- ▶ The fascia surrounds and penetrates every muscle, bone, nerve, blood vessel and organ of the body, down to the cellular level.



Fascia in Action

Dr J.C. Guimberteau is a French hand surgeon and is the scientific director and co founder of Aquitane Hand Institute. He is one the pioneers in microsurgery and transplantation. It was Dr Guimberteau's research that provided us with live pictures and videos of fascia.

The following are some of the videos by Dr J C Guimberteau:

<http://www.youtube.com/watch?v=uzy8-wQzQMY>

http://www.youtube.com/watch?feature=player_detailpage&v=k6FaULb0mnE

What Does Fascia Consist Of?

▶Elastin:

- ▶The elastic component of the fascial system that allows the elasticity and flexibility we need to move smoothly

▶ Collagen

- ▶The collagenous or plastic component of the fascial system, providing the strength needed to support all the important structures of our body.

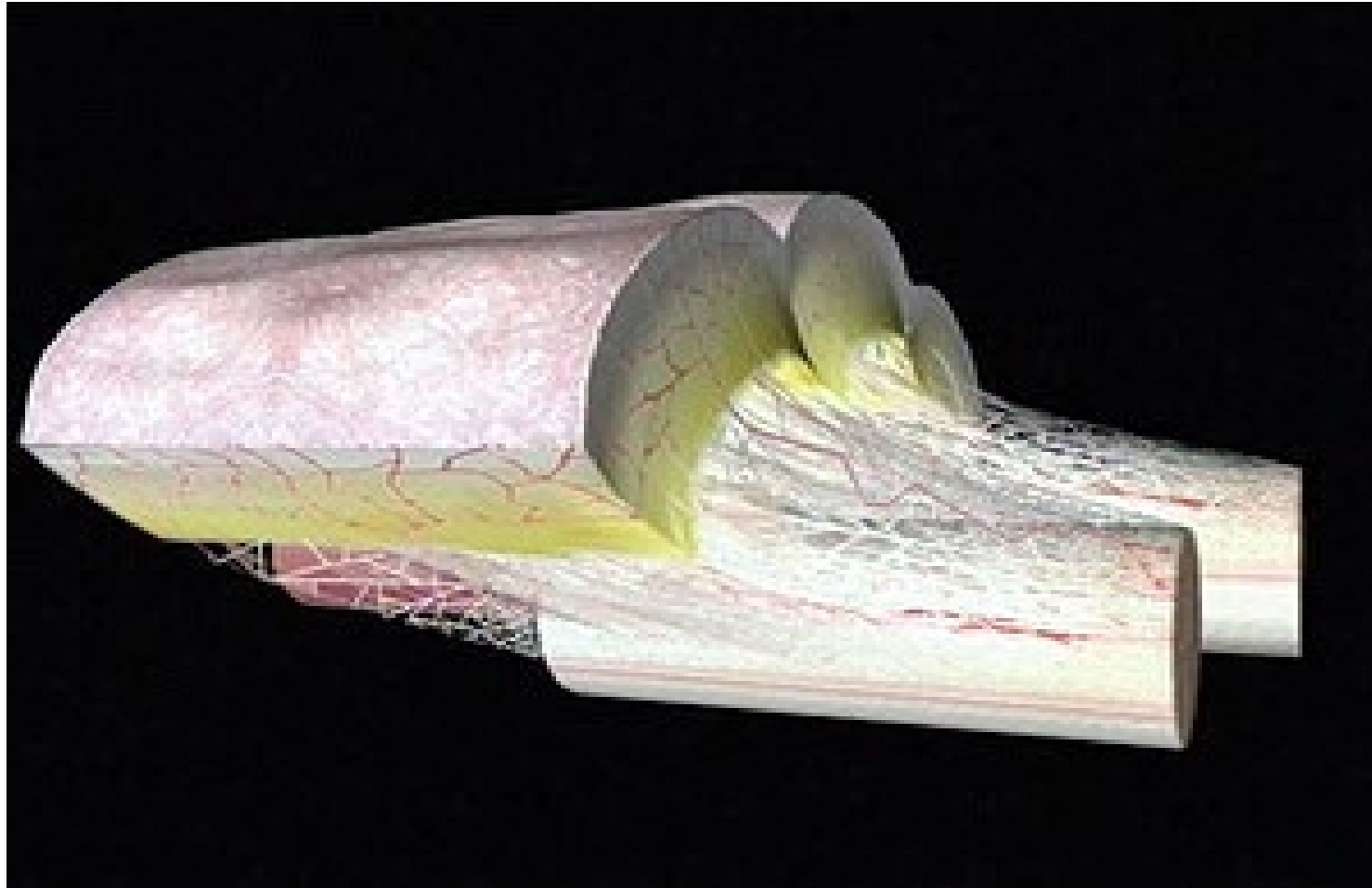
▶Ground substance

- ▶Is embedded in the 3-dimensional structure and is the most important component of the fascial system
- ▶Is usually in a fluid to gelatinous state and constitutes the environment of every one of the trillion cells in our body. Research shows a micro-fascial system within each cell of our body that determines the shape of each cell which in turn, controls the functioning of that cell. No cell can escape the influence of fascia.

What Are The Dimensions Of Fascia?

- ▶ Superficial fascia
 - ▶ lies directly below the dermis
- ▶ Deep fascia
 - ▶ surrounds and infuses muscle, bone, nerves, blood vessels and organs of the body down to the cellular level
- ▶ Deepest fascia
 - ▶ is found within the dura of the cranial sacral system

What Does Fascia Look Like?



What Else Does Fascia Do?

- ▶ It supports and stabilizes, enhancing the postural balance of the body.
- ▶ It is vitally involved in all aspects of motion and acts as a shock absorber.
- ▶ Fascia is a major area of inflammatory processes.
- ▶ Fluid and infectious processes often travel along fascial planes.

The Three Myths Of Medical Training

▶ First Myth

- ▶ We were taught the anatomy using cadavers, wherein the fascia was dissected to view inner organs. We learned anatomy without a fascial system, giving us an incomplete picture of how the human body moves and functions.

▶ Second Myth

- ▶ We observed the human body as linear and were taught to treat it accordingly, when in fact our body is not linear.

▶ Third Myth

- ▶ We were taught that our body had individual closed systems: osseous system, nervous system, respiratory system, circulatory system, etc...

What Causes The Pain? Myofascial Restrictions

- ▶ Myofascial restrictions are areas in the body where the elasto-collagenous complex has become shortened and solidified.
 - ▶ Example of the spaghetti
- ▶ Myofascial restrictions result from prolonged poor posture, trauma, surgery and inflammation, and can produce 2,000 pounds per square inch of pressure on pain sensitive structures.
- ▶ This pressure acts like a “straitjacket” on muscles, nerves, blood vessels and osseous structures, producing symptoms of pain, headaches, restricted movement, and disease.

Myofascial Restrictions



Patient complaint area

Actual source of trauma

What Is Myofascial Release?

- ▶ It is a whole body “hands on” approach to evaluation and treatment of the human body. An MFR therapist evaluates the fascial system through a 3-dimensional visual analysis of the human frame and by palpating the tissue texture and observing the symmetry, rate, quality and intensity of the cranio-sacral rhythm.
- ▶ When the therapist determines the location of the fascial restrictions, he or she will apply gentle pressure in the direction of the restriction. The elastic component of the fascia will release first, followed later by the collagenous barrier. As the collagenous aspect releases, the therapist follows the motion of the tissue, barrier upon barrier until the symptoms are resolved..

More Myofascial Release

- ▶ Developing one's tactile and proprioceptive senses enhances the “feel” necessary for the successful application of these techniques. We were all born with this ability to feel the releases and the direction in which the tissue seems to move from barrier to barrier.
- ▶ Proper myofascial release requires ongoing reevaluation and observance of the vasomotor responses and their location as they occur . This assists the therapist in determining how to proceed to the ultimate resolution of the patient's dysfunction.
- ▶ A comprehensive treatment program includes appropriate modalities, exercises/flexibility program, instruction on body mechanics, mobilization and muscle energy techniques, nutritional advice, biofeedback and psychological counseling (if needed).
- ▶ This holistic approach incorporates a physiological system that, with traditional therapy, acts as a catalyst in producing impressive results.

Conditions Benefited by Myofascial Release

Back pain

Neck Pain

Headaches

Sciatica

Whiplash

Chronic Pain

Osteo arthritis

Adhesions

Jaw pain (TMJ)

Fibro myalgia

Carpal Tunnel

Frozen Shoulder

Contraindications of MFR

- ▶ Acute Fractures
- ▶ Blood Clots
- ▶ Acute inflammation or infection
- ▶ Tumors or Cancers
- ▶ Open wounds or sutures
- ▶ Advanced osteoporosis and advanced degenerative changes
- ▶ Acute Rheumatoid Arthritis
- ▶ Aneurysms
- ▶ Cellulitis
- ▶ Febrile state

Revive Rehab Services

THERAPY SERVICES

- Myofascial Release
- Neuro developmental technique
- Occupational therapy
- Physical therapy
- Pediatric Rehabilitation

WELLNESS SERVICES

- Intensive Myofascial Release treatments
- Myofascial stretching class
- Yoga
- Massage therapy

References

- ▶ John F. Barnes, Myofascial Release: The Search for Excellence
- ▶ www.myofascialrelease.com
- ▶ Pictures by Dr J C Guimberteau
- ▶ Dr. Guimberteau's website
<http://www.guimberteau-jc-md.com/en/>

CONTACT INFORMATION

Darly Thoppil

Email- info@ReviveRehab.com

www.ReviveRehab.com

Questions

