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## **Myofascial Release Therapy**

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Myofascial release therapy refers to variety of techniques that are used to help relieve soft tissue from the negative consequences of being tight. This form of therapy usually requires controlled stretching. The fascia refers to a specialized form of supportive (connective) tissue, which surrounds muscles and tendons. Fascia is comprised of fibers referred to as collagen along with some elastic fibers. During movement, the fascia surrounding muscle should stretch and move freely. If there is compromise of fascia secondary to injury, disease, or inflammation, there will be associated pain. Myofascial release therapy is a form of soft tissue mobilization used to improve flexibility of the lining around and between muscles, not to be confused with joint mobilization. Myofascial manipulation is generally performed over a large region where as joint manipulation focuses on a specific involved joint. Myofascial stretch and release is accomplished by the application of a mild combination of both pressure and stretch.