



**APPOINTMENTS AT:
Enlight Physiotherapy**

5, Hooks Cross
Watton-at-Stone,
Hertford
Hertfordshire
SG14 3RY

Home visits also available (Hertfordshire)

PRICE INFO:

60 minute treatment with 1 therapist - £70

60 minute treatment with 2 therapists - £120
(this is a huge saving as it is much
more beneficial than having 2 separate
treatment sessions)

INTRODUCTORY OFFER:

First treatment with 1 therapist - £60



ENLIGHT PHYSIOTHERAPY

Tel: 01920 830730

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SUZY WHITE

Chartered Physiotherapist BScHons
Specialist Myofascial Release Therapist
07876598037

www.enlightphysiotherapy.com



Chartered Society
of Physiotherapy



Health and Care
Professions Council



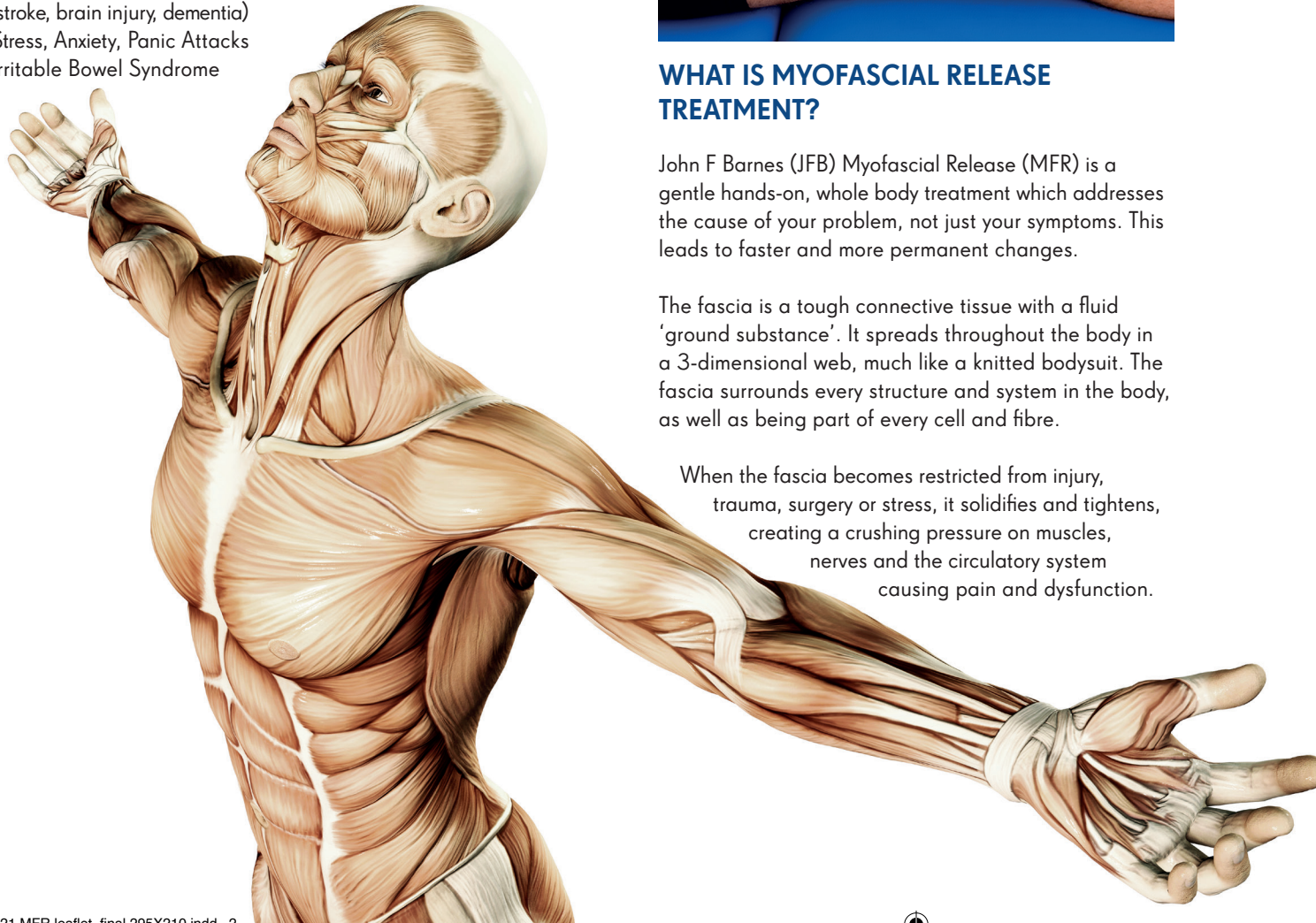
**PHYSIOTHERAPY
MYOFASCIAL RELEASE
TREATMENT**

THE LATEST, MOST EXCITING DEVELOPMENT IN
MIND/BODY THERAPY AND REHABILITATION



BREAKTHROUGH TREATMENT - MYOFASCIAL RELEASE CAN HELP WITH THE FOLLOWING AND MORE:

- Back Pain
- Fibromyalgia
- Headaches
- Whiplash
- Migraines
- Neck Pain
- Pelvic Pain
- Shoulder Pain
- Scars & Adhesions
- Pregnancy/Women's Health
- Neurological Dysfunction (stroke, brain injury, dementia)
- Stress, Anxiety, Panic Attacks
- Irritable Bowel Syndrome
- Carpal Tunnel Syndrome
- Disc Problems
- Jaw/TMJ Pain
- Sports Injuries
- Arthritis
- Sciatica
- Mobility Problems
- Restricted Movement
- Asthma & COPD
- Cancer Related Symptoms



WHAT IS MYOFASCIAL RELEASE TREATMENT?

John F Barnes (JFB) Myofascial Release (MFR) is a gentle hands-on, whole body treatment which addresses the cause of your problem, not just your symptoms. This leads to faster and more permanent changes.

The fascia is a tough connective tissue with a fluid 'ground substance'. It spreads throughout the body in a 3-dimensional web, much like a knitted bodysuit. The fascia surrounds every structure and system in the body, as well as being part of every cell and fibre.

When the fascia becomes restricted from injury, trauma, surgery or stress, it solidifies and tightens, creating a crushing pressure on muscles, nerves and the circulatory system causing pain and dysfunction.

WHAT CAN I EXPECT DURING TREATMENT?

- We will talk to you about your symptoms and your clinical history
- We will look at your posture and how you move to determine where your fascial system is tight or restricted
- We will confirm this by palpating areas of tightness
- We will use gentle hands-on techniques to release and 'unwind' your restrictions (your body will often move and 'unwind' itself under our hands)
- We will teach you how to correct your posture and movement patterns where necessary

WHAT CAN I EXPECT AFTER TREATMENT?

- You are extremely likely to feel immediate relief from your symptoms and an improvement in your function
- You are likely to feel very relaxed. People often describe a feeling of 'lightness'
- Very occasionally, a treatment can set off a 'healing response' where symptoms may increase for a day or 2 (this is normal but please let us know)
- It's important to drink plenty of water after your treatment as the fascia needs rehydrating (remember part of the fascia is fluid)
- Keep a note of how you feel physically and emotionally as this will help us at the next session