

New Myofascial Release Class



Focus is introducing a new Myofascial Release class starting November and this class is perfect for those who need help to alleviate joint stiffness and muscle tightness.

Read on as some of our Physiotherapists & Instructors share more on the cause of Myofascial and the benefits of coming to a Myofascial Release class.

What is fascia and what causes fascial pain?

Fascia is a webbing of connective tissue, that holds and connects all the muscles, bones, blood vessels, nerves, as well as organs of our bodies. The fascial system ensures we have mobility, stability, elasticity and bounce in our bodies. Physical trauma and injuries, emotional stress, and inflammatory responses cause restrictions in the fascial system. This often results in pain and lack of mobility in the body.

How Myofascial Release helps?

Gentle and sustained pressure on areas of restrictions can help to relief pain and restore movement in the joints and all around the body. Myofascial release can be provided by a hands-on therapist during a private session, but can also be attained through self pressure point releases with specialist small equipment, and movements to help the fascia system regain its mobility and elasticity.

- *Christine, Senior Physiotherapist*



What to expect in our 60mins Myofascial Release class?

Get ready to roll on props such as the foam roller, a variety of balls with different firmness (i.e. Franklin ball, spikey ball, massage ball, etc.) and also resistance bands. Apart from releasing muscles and fascia, we will be working on retraining the muscles, opening up joints and integrating movement sequences to ensure the fascial system mobility and stability is restored.

Why it's good to come in for a Myofascial Release class?

We have our daily habits and a dominant side of our body, which may have caused various muscles in our bodies to be tighter or stronger than others. One of the many benefits from myofascial release is that it helps to reduce these muscle imbalances. In addition, it helps with releasing any muscle soreness and joint stress that may have come along the way. Also, if you have always wanted to improve your flexibility, this may just be what you need to get those fingers touching your toes!

- *Fiona, Pilates Instructor*

If you wish to sign up for our New Myofascial Class, [click here](#) to make a booking!

Or if you wish to make an appointment with one of our Physiotherapists, call us at **6235 3938** or email us at booking@focusmovement.sg

