

Mayer Fascia Wellness Myofascial Self-Care Principles

TIME: Time is perhaps the most important factor of myofascial release. Some releases may happen quickly while others may take several minutes. Be patient and listen to your body.

THERAPEUTIC: Myofascial release should never feel painful. There may be tenderness or discomfort, but it should feel therapeutic.

BREATHE: Diaphragmatic or “belly” breathing should always be practiced while stretching.

CUSTOMIZED: Stretches should be customized as you practice to achieve the just right stretch for you. Feel free to make adjustments and be creative with your positions.

RELAX: Soften as much of the body as possible. Remember, our fascia is all connected so tensing one area of the body to release another can be counterproductive.

GENTLE: The movements should be done with intent. Always meet the tension and never force into the stretch. Gently nudge into the tension.

POSTURE: Proper body alignment is key to getting the most out of stretching. Pay attention to your posture and lower back curve during each movement.

SYMMETRY: Symmetry should be a goal in any stretching practice. Even if we only experience pain on one side of the body it’s important we balance our stretches on the other side as well. Tension can be hiding in places we don’t feel pain.

RESIST ROLLING: Rolling objects in trouble areas may feel like a quick fix but it negates the focus of myofascial release which is holding a stretch. Resist the urge to roll or massage with balls and just hold the stretch. Gentle rolling can be before a release to locate painful areas or done after releases to mobilize body fluids.

MINDFUL MOVEMENT: Myofascial release alters your fascia and consequently your entire body. Ease back into your daily routine, being mindful of your movements and any weakness you may feel.

HYDRATE: Water is a must-have before, during, and after myofascial release. The easiest way to keep our fascia healthy is to stay hydrated, especially after stretching.