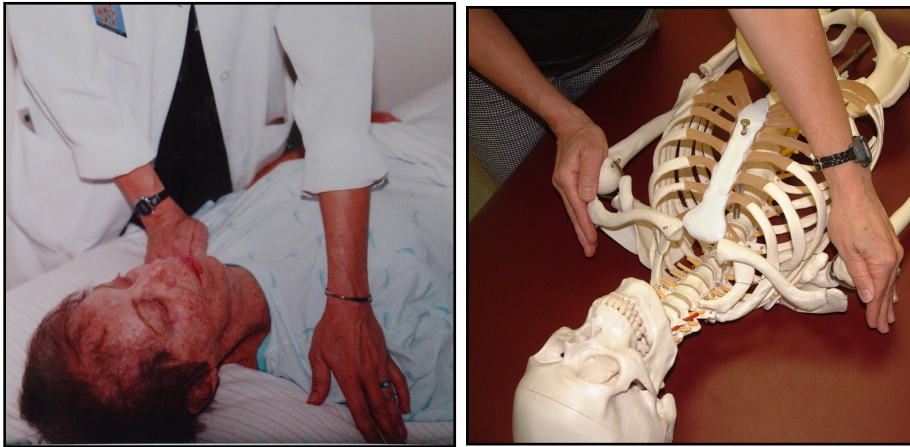


Myofascial Unbinding Release

- Is the gentlest of direct tissue approaches
- Indications: Fibrotic and/or habitually shortened tissue preventing healthy alignment
- Passive stretch applied
 - Light compressive contact
 - Tissue held in corrective direction for 30 seconds to 3 minutes
 - Release is SLOW
- Never painful
- Contraindications – infection, open wound, cancer (active)



Example: Anterior Thoracic Release

- Gently cup hands over humeral heads.
- Contact, then roll them down and back to release anterior chest fascia.