

Over 80% of all musculoskeletal pain and dysfunction that our practice treats is due to **Fascial Restrictions** and this pain can be treated effectively using **Myofascial Release (MFR)**. MFR is a hands on technique performed directly on the skin without oils. When one of our skilled therapists uses gentle sustained compression or pulling on the body, your Fascial system softens and lengthens. We work on the parts of your body that are the most restricted to achieve a **whole body structural release and realignment**.



What is Fascia?

Fascia is the connective tissue system which creates a continuous three-dimensional web of support throughout the body. It surrounds and infuses all parts of the body including skin, muscles, bone, blood and lymph vessels, nerves, brain and internal organs. This **whole body approach** works to restore whole function and a life without pain. We work with our patients to provide **Comprehensive, Integrative and Transformational Care**.



Monadnock Myofascial Release is an Occupational Therapy practice specializing in the Myofascial Release (MFR) approach to help our clients achieve a pain free, whole life. We do this by focusing in on Fascia and Fascial Restrictions.

Comprehensive, Integrative and Transformational Care



Founder and owner, **Molly McMillan, OTR/L** is an Occupational Therapist with over 30 years of experience of working with patients and focusing on the patient's whole well-being. Molly has studied extensively with Myofascial Release founder John Barnes, P.T and she is an expert and a valued mentor in his MFR Approach. She is one of only a handful of practitioners in the world who teach for his company.

MMFR has a highly skilled team of therapists. To find out more about them go to www.monadnockmfr.com.

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Comprehensive, Integrative and Transformational Care



Occupational Therapy Practice

Providing a whole body approach that works!

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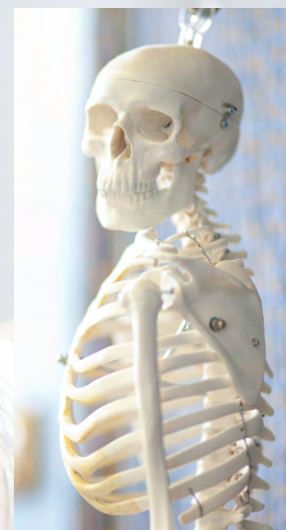
Focus on Fascia

When the **Fascia** is in its normal healthy state, it is a relaxed and supple web - like the weave in a loose-knit sweater. When it is restricted, it is more rigid and less pliable and can create pulls, tensions, and pressure points. **The Fascia's health and flexibility is the key to our whole body's well-being and our ability to perform the activities we need to or want to in our daily lives.**

When **Fascia** becomes injured through trauma, a disease process or chronic stress, it tightens causing a **Fascial Restriction**. Over time, these tight areas or restrictions pull

on the rest of the interconnected fabric of the **Fascia**. One trauma can cause our entire fascial network to tighten up or misalign causing symptoms such as pain, tingling, burning, restriction in motion and fatigue. This misalignment is what we correct and resolve.

Fascial Restrictions affect our flexibility and stability and are a determining factor in our capacity to withstand stress and perform our daily activities with ease. **The whole quality of our life is affected.**



Whole Body, Whole Function, Whole Life



Here is a short list of diagnoses we've successfully treated using our unique whole body approach:

- Hand, hip, shoulder, knee and jaw pain diagnoses
- Spinal diagnoses - Spinal stenosis and degenerative disc
- Repetitive strain diagnoses - Tennis elbow, carpal tunnel
- Women's health issues - Pelvic pain and urinary dysfunction
- Neurological conditions - CP and MS
- TMJ
- Sciatica
- Frozen shoulder
- Fibromyalgia
- Plantar fasciitis

There are many more conditions that we have successfully treated so be sure to contact us if your condition is not on this list.

Comprehensive, Integrative and Transformational Care

We perform a detailed evaluation and create an **individualized and comprehensive treatment program** for each of our clients. This may include therapeutic exercise, neuromuscular re-education, kinesiotaping, therapeutic activities as well as manual therapy. We provide a home exercise program that **empowers our clients** to help themselves both during their treatment program and upon its completion.

We bill health insurance companies as Occupational Therapists.
We currently bill in network for most major insurance plans.

