



*Myofascial Release
is for you!*

*The clients guide to getting
the most out of your MFR
sessions*



"BE REALISTIC AND SET REALISTIC EXPECTATIONS.."

Many clients have an all or nothing attitude when it comes to healing from whatever injury or trauma they are experiencing. Pain can really drive a person to feel desperate for relief. That relief is attainable but you need to be sensible. Setting unrealistic goals and timelines can lead to sabotage.

"Even with setbacks, you can meet your goals!"

Set attainable goals and a realistic timeline for healing. Consider that however long you have been experiencing the injury is usually the minimum amount of weeks/months/years/ of treatment it will take to be fully healed. That might freak you out to hear, and that is ok. Please evaluate your goals and see if you can find a healthier expectation and timeframe that will not sabotage your ability to heal fully. Usually the only person in the way of healing is ourselves and our excuses.



Make self-treatment a priority!

To help deepen your in person treatment sessions and to expedite the healing process you should participate in self treatment as much as possible in between sessions. The more you treat yourself, the better your results will be. You will have a deeper understanding of what is actually causing or contributing to your pain and will be able to quickly help yourself during a painful flare of symptoms or in times of a healing crisis. Self treatment gives you a lot of control over your pain. All you have to do is follow the tips provided and do your best. You don't have to know a lot about how the body works to efficiently care for yourself.

TREATMENT PLANS

When you are first starting MFR treatment it might be advised to get more treatment closer together.

This will help you to get through your first healing crisis which can sometimes feel scary because it is a new experience, and will also propel you into your healing journey.

You can give feed back to your therapists right away any new areas of pain or anything else coming up for you during and after treatment. This will lead to more self treatment sessions.

Also with several sessions scheduled close together your therapists can work to help balance your pelvis and any other postural deviations that may be contributing to your pain condition either indirectly or directly.

So don't be surprised if you need weekly treatments or more for a while. Your therapist will want to get your feeling better as soon as possible and is making decisions based on what they see when you come in for treatment, after they have had their eyes and hands on you to understand the full picture.



Why do I feel worse?

YOU WOKE UP THIS MORNING AND YOU FEEL AWFUL? THIS PAGE WAS WRITTEN JUST FOR YOU

Don't panic if you feel worse before you feel better when you receive MFR treatment you are getting the most effective pain therapy offered. Now that doesn't mean that the journey to a pain free and active lifestyle is going to be without pain, or hard times.

When you wake up in the morning and feel like a truck backed over you, you will understand what I'm talking about...If this is you, do not panic. This is a healing crisis.

Healing is not linear and sometimes you have to process and go through a full felt experience to get to the other side. Instead of trying to escape what you are feeling, try to sit with it. Experience it. You are not injured.

The injury already occurred and you survived. But all day long your body and mind don't understand this on some level yet, so allow the process to happen. Feel into your pain, and your fear and all of the things that come up for you.



Tell yourself that you survived and feel what that feels like.

Realize that you are strong and that you are capable of healing.

Even if you are in pain.

Then go back to some of the self treatment skills you have picked up and try a few of those things.

Then do something else for a while. Don't try to figure things out.

The more you allow yourself to process this the fast and easier you will start to feel your new normal.

Also do not force. Forcing through or over treating is not helpful and can injure.

So keep that in mind. Less is more. You already survived. Keep reminding yourself.

CLIENT TESTIMONIAL

"I have been seeing Mia for four years and I knew immediately on meeting her that she was a special healer. I've been convinced of the benefits of myofascial release with a skilled and empathetic practitioner like Mia.

She is incredibly attuned to the body. She has noticed multiple things that doctors and PTs completely missed, for example muscle tightness causing pain. She got me running again after a year on the bench. Mia has helped me recently to release some surgical scar tissue. My doctors told me I would permanently have pain, but I was blown away by the reduction in pain and increase in mobility from a short session. I had accepted I would just always have some pain.

Mia also teaches you ways to do the techniques on yourself. Myofascial release with Mia is an indispensable tool to fix pain that's caused by posture, overuse, emotional stress, sitting too much, surgical scarring, and more. It takes continual work to make a lasting change, but it can also have fast benefits. She wants the best for everyone and she wants to promote healing in every way possible. Working with Mia has honestly changed my life!" S.T.

YOU CAN BE PAIN FREE!

A person wearing a patterned t-shirt and dark shorts stands next to a bicycle in a natural, outdoor setting with trees and hills in the background. The text 'Is MFR for me?' is overlaid in a large, white, serif font.

Is MFR for me?

MFR is for you if:

- You are tired of not feeling as good.
- You are ready to heal.
- You want to show up and participate in your sessions. You want to do self care treatments at home.
- You are able to set realistic goals and time frames.
- You've stopped activities because of a chronic pain condition over time and you want to do those activities again.
- You've stopped activities because of a new injury or surgery and you want to do those activities again.

MFR is not for you if:

- You don't want to get better.
- You want someone else to fix you.
- You don't want to take any responsibility for your healing.
- You are just coming to relax.
- You'd rather be catching up on your sleep.
- You aren't willing to make yourself a priority.
- You don't really believe you can heal and you aren't willing to try.

About the MFR THERAPIST

My commitment to my healing journey happened back in 2013 when my body and mind were tired and fed up, I was always in pain. This was my wake up call to make some changes in my life. I decided in 2016 to enroll into massage therapy school and to eventually only practice myofascial release. In 2018 I attended my first John Barnes' myofascial release seminar. It was life changing to be in a room with over 100 therapists wanting to be in service to heal and help others heal too. There was this sense of authenticity and a deeper dive into healing that I never experienced before. I knew after that experience that I was no longer going to offer massage and exclusively offer myofascial release therapy.



When I decided to become a Myofascial Release Therapist I knew that it was serious and I had a strong desire to know and experience as much as I could so that I could provide the healing therapy for clients. Helping clients return to pain free and active lifestyles is one of the more rewarding experiences. In order to provide this therapy at such a level I constantly take seminars to craft my skill set and create amazing outcomes for my clients. A good therapist can only take their patients as far as the therapist has gone themselves.

Mia Moilanen, LMT, MFR Therapist