

MyofascialResource.com

MFRMail Newsletter

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Greetings,

It has been a very busy month. I've listed some excellent research citations onto the [MFR Research](#) page of my website. Topics covering MFR being used successfully with carpal tunnel, thoracic outlet, breast cancer, patello-femoral pain, whiplash, pelvic pain, calf pain, and hip pain are included.

How many times have you been working with a patient and you swear that you can see deep within their system? Then, when you try to have someone else, a family member of the patient perhaps, feel for the same thing, they can feel nothing? How do we heighten our senses? What gives us the ability to feel to deeply into our clients? I recently read an article in the 12/03/07 issue of the ADVANCE for Physical Therapists & PT Assistants, by Peter Levine. He talked of research done on neuroplasticity and how researchers were able to increase activation in the visual cortex of blindfolded individuals, essentially allowing the subjects to "see" with their fingers. I have taken a look at the work that was referenced and really do believe that this research is the basis for explaining how we, as MFR therapists "see" with our hands. These references are also newly listed on the [MFR Research](#) page. Please take a look.

For those of you who are in need of photographs for your website or for promotional/teaching materials, this website might interest you. MassageNerd offers over 5000 copyright-free photographs, including some showing MFR, postural poses, etc. with the only stipulation that they be given credit as the source. The link is: http://www.massagenerd.com/_message_pictures.html



This month I've added a second Lumbo-Sacral spine technique. Following up on the October Lumbar Lift, this technique gives you another option when faced with a lordosis that will not give, or when sciatic tension predominates. View this and other past MFR Tips and techniques at:

<http://www.myofascialpainrelief.com/NewsletterArchives.html>

I would like to welcome the newcomers to the MFR Practitioner Directory. Based on the "hit" counter on my web hosting service as well as the number of clicks through Google AdWords, potential clients viewing the Directory listings rises each week. Join in this cost effective way to target your advertising dollars. Sign up at:

<http://www.myofascialpainrelief.com/PractitionerDirectorySignUp.html>

I thank all of you who have viewed and purchased items from the Tools, Books, and Music pages of my website. Your support helps me to continue this service to you. I really would appreciate your feedback. If you have any item that you think should be included on my pages, please let me and the rest of the world know it!

As always, feel free to contact me with any questions or comments, or just to say hello.

Be Well,

Walt Fritz, PT



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