

MyofascialResource.com

MFRMail Newsletter

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Greetings,

A month got away from me, but I am back with the new edition of the MFRmail Newsletter. I want to take some time to invite all of you to join an Internet Forum, www.bodyworkonline.com. This site is inhabited by a wide variety of bodywork professionals, as well as the general public. It has an entire section devoted to Myofascial Release. In light of recent happenings on other MFR based sites, some of you may be looking for a fresh option, one without attacks and limited range of acceptable opinion. When a forum or e-mail site is owned by one party, the site reflects the views of that party. Alternative views are often squashed. There are options available: Check out BodyWorkOnline. Drop in today and say hello!

For all of you that have been around MFR for a while know that your work is not without controversy. The recent First International Fascia Research Conference produced a wide body of research, but Myofascial Release failed to pass the evidence-based test. The rationale for how MFR works on the fascia has yet to be proven by research. For most of us, this matters little. We see and feel the results daily, as do our patients. It has been interesting to read the chatter from the critics of MFR as well as of those who teach it. Websites such as SomaSimple.com and Myphysicaltherapyspace.com are occupied by some pretty vocal opponents of MFR and its underpinnings. A number of folks have gone to the mat on these sites over the past few years (I still have the bruises to prove it!), but there is little space for diversity in the minds of some.

Why am I telling you all of this? I think it is important to keep informed about what is being said and taught. Knowledge of what might be lacking in the theories behind the work that we do can only help. Looking at MFR from differing perspectives is also enlightening. Preserving objectivity can be difficult; especially when some opponents are can be quite cutting. There may be better explanations and we need to stay aware.

This month's MFRmail Treatment Tip is the Prone Leg Pull. Take some time to work with the possibilities of this technique. The MFRmail Newsletter and Archives of Treatment Tips can now be accessed directly from my website.

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

I have received a number of correspondences over the past two months regarding the positive success of the Myofascial Release Practitioner Directory. Therapists are reporting that they are getting phone calls and e-mails from patients in their areas as a direct result of those listings. For those of you who have not signed up, the \$40 annual investment is nearly 1/10th of those from competing listing sites. The key to internet traffic is through key word searching as well as through targeted Google advertising. I feel that I have done a good job in having my site come up with very good frequency on the major search engines, allowing prospective clients to find you. Check out the Directory and sign up at:

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

I am very excited about my new brand of MFR seminars. “Foundations in Myofascial Release” is a unique way to approach the work and the patient. I will be teaching my introductory class twice this fall, as well as an advanced class targeted at the head and neck. This class will teach some very unique and helpful techniques for the head, eyes, and mouth, as well as the surrounding regions. I’ve had amazing success treating visual motor disturbances in children and adults over the years and would like to share this knowledge. You can check them out at my website.

Foundations in Myofascial Release Seminars

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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