

# Discover the Benefits of Massage & Myofascial Release Therapy

## What is Myofascial Release Therapy?

Whether you are a veteran of massage therapy or have not yet experienced its benefits, Myofascial Release Therapy can easily be added as part of a comprehensive, whole body approach that is essential for efficient, quality care.

MFR is different from other massage techniques in that it uses no oils and goes into the deep muscle tissue. In his practice, Douglas Lee-Regier, has seen it produce immediate, positive, structural change in patients with acute and chronic pain and dysfunction, as well as long-lasting results from regular, long-term care.

When receiving an MFR treatment, you will rest in a relaxed position, while Douglas uses different holding techniques to allow his hands, as well as his energy, to sink deep into the muscles. The muscles in the part of the body being treated are held until "releases" occur. Other than the occasional "feels good" pain, which may occur as part of the release, there is usually little or no discomfort accompanying this treatment. These releases can be felt as the reduction of muscle soreness or as relaxation of the muscle.

During an MFR treatment the fascia, a thin fiber covering all muscles, bones and organs, is released from its position of tension. This tension may have resulted from an injury, surgery, or from some form of emotional or physical trauma.

Following a treatment, the fascia returns to its natural state of ease and comfort. This release will usually bring you relief from whatever pain or trauma you had been experiencing.

Often an MFR treatment focuses on an area other than where the pain is being experienced. For example, a marathon runner may seek treatment for pain in their upper back and shoulder. Their MFR treatment, however, may concentrate on the hips, if the problem emanates from fascia that is bunched up in that area. This fascia needs to be released so that the muscle can move more easily.

Occasionally, brief pain may follow the MFR treatment. This is a result of further "release" work and will pass in a short amount of time. Using some form of hydrotherapy (such as a bath or shower) usually helps to alleviate this.

Follow-up treatments of once every two weeks produce good results, though you may prefer more frequent treatments in order to "go further" faster.

After a few treatments, you should notice a change in how you hold yourself and how your muscles function, resulting in relief from pain.

While it is not a "quick fix," Douglas has seen more consistent improvement in his clients as a result of Myofascial Release Therapy than from any other form of massage.

## **Myofascial Release - The Ultimate Mind / Body Therapy**

**Conditions** – If you are seeking treatment for a specific injury or ailment, Myofascial Release is a safe, effective therapy for a variety of health issues, including:

- ❖ Chronic Pain & Dysfunction
- ❖ Back Pain
- ❖ Neck Pain
- ❖ Headaches
- ❖ Head Trauma
- ❖ Fibromyalgia
- ❖ Scoliosis
- ❖ Chronic Fatigue Syndrome
- ❖ Temporomandibular Problems (TMJ)
- ❖ Recurring Sports Injuries

**Classes & Seminars** – Douglas is available to teach massage and Myofascial Release Therapy. Courses may be conducted in business or school settings. Drawing upon his 30 years of college teaching experience, Douglas will help involve participants in the level of massage with which they are most comfortable.

In addition, two or more people may share the cost of any treatment at New Dimensions in Wellness, where they can learn to perform massage treatments on each other.

**Douglas Lee-Regier, M.A., L.M.T.** is co-founder of New Dimensions in Wellness, along with his wife, Krissa Lee-Regier, where he practices as a massage therapist, specializing in Myofascial Release Therapy (MFR).

Douglas received his Massage Therapy degree from the Universal College of Healing Arts in Omaha, NE, where he now serves as an Instructor of Advanced Massage and MFR.

Whether you need Myofascial Release Therapy, another form of massage therapy, or a class, call Douglas to help you learn to become your own healer and “Remember Your Wellness.”

**Reasonable rates on a sliding fee scale.  
Daytime and Evening Appointments Available**

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