

Healing Theory - Common Questions

"Why are my symptoms feeling worse?"

What you are experiencing is the healing crisis -sometimes you feel worse before you feel better. Why does this happen? This occurs as you begin to release into the deeper layers of restrictions. Not only can the symptoms intensify, but also other sensations or emotions may come to the surface. Usually this process lasts around 48 hours, but can go on longer. This is your body's way of bringing your awareness into what you are actually dealing with everyday, but you "tune out" and don't feel. At times, it can feel like you are taking two steps forward and one step backwards.

"What should I do if I have a flare up, or go into a healing crisis?"

It can be very scary when your body goes into a healing crisis. Always remember that myofascial release is never injurious. Use the self-treatment techniques that your therapist taught you. A regular self-treatment program combined with your therapy sessions will help progress your healing process much faster. What also helps is spending some quiet time bringing awareness into your body. Try to sink deeper into whatever feelings come up. Let yourself feel your symptoms fully and get in touch with what lies underneath. Give your body permission to let go of anything that is no longer serving you, and give yourself permission to do and feel whatever you need in order to heal. This may bring up memories, emotions, shaking, sweating..... the list could go on and on. The key is to let yourself go without any judgment or holding back.

"I don't want to have to feel or remember that again."

The fact is, on the subconscious level, you are experiencing this all day and all night long, like a broken record. To your subconscious the trauma continues to happen continuously. The truck is about to hit you, the surgical knife is cutting you or you are still experiencing the trauma. In the safety of the therapeutic environment it is better to feel intense therapeutic pain or fear, etc for a short period of time than to spend the rest of your life "coping" with it. "Coping" is a losing battle, because your subconscious is controlling you by constantly bracing against the unresolved trauma which then solidifies the ground substance of the fascia. This constant subconscious bracing worsens and spreads the symptoms over time.

"I've already dealt with that issue; I don't want to be re-traumatized."

Myofascial Release never injures or re-traumatizes! Myofascial Release allows for the discovery of unresolved physical/emotional trauma. The mind/body then processes this information through the conscious mind completing what was a fragmented experience allowing for resolution. Myofascial release allows for healing on its deepest level.

"Why are my therapists treating my whole body rather than my specific area of pain?"

Traditional doctors and therapists were taught to futilely try to "fix" symptoms instead of looking for the cause of the problem. Also, they usually overlook the effect that the consciousness has on the healing process. The MFR philosophy is to look at the entire being, not to just focus on where the symptoms are. This way the therapist can focus on finding the root of the problem, and facilitate true healing in their patient.