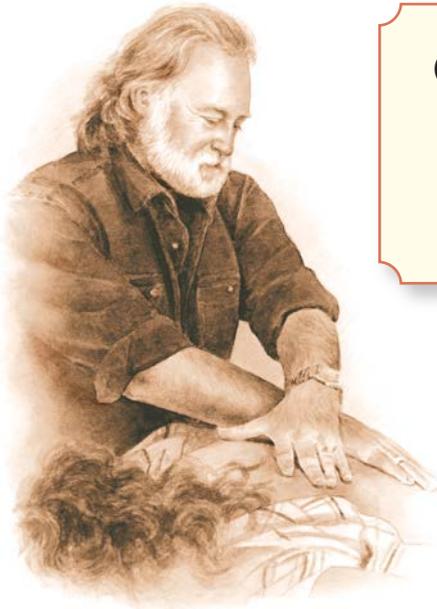


WELLNESS: *It's Never Too Late!*



JOHN F. BARNES is the founder of the *J.F.B. Approach to the Myofascial Release Technique (MFR)*

GREAT FALLS, MT
BACK IN MOTION
612 1st Avenue South
(406) 750-2655

FLORENCE, MT
EASTSIDE PHYSICAL THERAPY
& *BODY RESTORATION*
5501 Hwy 93 N, Suite 1
(406) 777-2679

Myofascial Release (MFR) and Yoga complement each other in so many ways. Both are for wellness and to increase balance to the body.

Myofascial Release is more specific to addressing dysfunctions of the soft tissue, such as injury, trauma and scar tissue. When practiced together, I have seen amazing results for clients.

One advantage is there are many Yoga studios and options to choose from—group settings, chair Yoga, and beginner-to-advanced levels. Regardless of the direction one takes to achieve wellness, improving one's range of motion is always beneficial.

I see many clients who complain they have been very tight most of their lives and don't feel that change is possible for them. The example I share with them is that we all gain weight and lose weight, women get pregnant and then return to their previous shape. How much does the body change in the teen years? And how is all that possible if change cannot be had?

It has always amazed me to see ballet dancers in

action—their strength and flexibility, flying through the air with such grace. They can jump through the air, splitting their legs way beyond their hip joints and land so gently.

In the course of life, whether it's from too much sitting or injuries, muscles and soft tissue can shorten, compress and seem to solidify our joints to the point that one may think they are fused (frozen). But no matter what stage in life you are at, it's never too late to stretch and breathe (through Yoga or MFR) and to seek change and wellness. Even if you've had surgery because of the severity of damage to soft tissue or joints, you can always improve the outcome of that surgery. ■

To experience Myofascial Release, Technique, make an appointment at one of our clinics, or go to MyofascialRelease.com to find the nearest therapist in your area.

