

Myofascial Release

A woman with dark hair, wearing a light blue t-shirt, is standing and leaning her head back with her eyes closed. A male therapist in a white shirt is performing a myofascial release massage on her neck and shoulder area. His hands are gently pressing into her muscles. The background is a bright, modern interior with a large window, a blue exercise ball on a stand, and a white stool.

The myofascial release technique is a hands-on therapy in which a physiotherapist uses gentle, sustained pressure to release muscle and connective tissue tension.

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Manual Myofacial Therapy

Sharon Giammatteo



Manual Myofascial Therapy:

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