

Pre- and Post-Treatment Guidelines for Preventative Regenerative Fasciology (PRF) / FasciaBlasting

THE INSTRUCTIONS, GUIDELINES, AND CONSIDERATIONS PRESENTED IN THIS INFORMED CONSENT SHOULD BE REVIEWED AND FOLLOWED EVERY TIME YOU RECEIVE ANY FASCIABLASTING TREATMENTS.

What is Preventative Regenerative Fasciology or FasciaBlasting?

Preventative Regenerative Fasciology (PRF) is an evidence-based form of treatment that allows the therapist to detect and treat fascial restrictions and promotes remodeling and regeneration of soft tissue. Your therapist will mechanically manipulate soft tissue through specifically designed instruments and manual techniques. These non-invasive techniques quickly identify and resolve soft tissue disorders that are not efficiently treated through conventional methods.

Benefits

These treatments increase the integrity of soft tissue, increase mobilization in affected joints and/or extremities with clinical non-invasive applications that have a physiological and restorative affect. Treatments, especially done regularly, will: break up fascial adhesions/scar tissue, release fascial tightness, improve structural/myofascial issues, increase circulation, increase access to muscle power and improve muscle definition, reduce pain and inflammation, and potentially improve cellulite appearance and fat pockets.

The FasciaBlaster tools are used in most massage/bodywork and facial sessions, as well as in some spa body treatments, unless contraindicated or permission is not given. More information can be found on the Resources page of our website. Feel free to contact us with any questions.

Considerations

Just like manual massage, there may be some degree of discomfort during the treatment, especially in areas of chronically held tension or sensitive tissues. Your therapist can adjust the degree of pressure, speed, etc. to make the treatment both effective and comfortable for you. Discomfort should never go beyond being therapeutic in nature to becoming painful. If the work or treatment causes you to tense your muscles, hold your breath, want to shy away, or any other unpleasant response, please tell your therapist immediately so adjustments can be made.

This treatment stimulates the body's natural inflammation and healing process, causing the brain to send extra blood flow to needed areas. This micro-trauma is something like the micro-tears when first beginning a new exercise workout. The process brings fresh oxygen, minerals, and healing agents to the area, while at the same time flushing out old blood and lymphatic fluids that have been trapped in the area. The work is done with moderation and always within the guest's pain tolerance and the body's readiness for depth of work. It does not create harmful or painful bruising, but the detoxifying exchange can result in the appearance of bruising that may last a few days.

INDIVIDUALS WHO SHOULD NOT GET THIS TREATMENT

FasciaBlasting is safe for most everyone, but there are a few exceptions that may require treatment to be modified or withheld. A note from your doctor may be required, stating that the myofascial release services you're wanting to have done are safe for you.

Please make sure we are aware of any health conditions you have been diagnosed with or suspect you may have. In addition to normal massage and bodywork precautions, FasciaBlasting is partially or totally contraindicated for issues including but not limited to:

- a history or possibility of deep vein thrombosis (blood clots)
- blood disorders or conditions, (e.g., phlebitis, hemophilia, etc.)
- anticoagulants or any other medication or supplement that causes blood-thinning
- pulmonary embolism
- history of cancer or taking cancer medications
- neoplasms
- abnormal heart rhythm
- active meningitis
- liver or kidney disease or failure
- uncontrolled congestive heart failure
- severe or uncontrolled diabetes
- severe or uncontrolled neuropathy
- acute infections or active viruses
- open skin lesions, sores, or scratches

- pregnancy or nursing
- recent surgery
- other conditions that may cause the body to have difficulty with detox

If you have any health concerns, please check with your physician before starting a FasciaBlasting regimen. Your therapist is not a physician and cannot give you medical advice on how FasciaBlasting may affect you.

Pre- and Post-Treatment Guidelines and Recommendations

- Many factors make a difference in the health of our fascial system, such as: genetics, hydration, diet, sleep, daily movement and/or exercise, etc.

- Make sure you are well-hydrated every day, even drinking extra water before and after a treatment. Fascia is a gel-like substance and needs plenty of water to be optimal. Water is an *essential* aid to the body's recovery and healing.

- Wear loose fitting clothing to your treatment. Tight clothing restricts fascia and can even distort it over time; for example, wearing skinny jeans can create a dent in your fascia where the button presses into it.

- Keep in mind, as with any treatment, individual results vary. But with a regular routine of fascial work, (professional and self-care at home), combined with a healthy lifestyle, you will see results.

- Remember: When filling out intake forms, it is imperative that you be candid in revealing any condition that may have a bearing on these treatments. If you think you might have forgotten to include some pertinent information, inform your therapist immediately.