



Information for Patients

MRT: Myofascial Release Techniques

What is MRT?

Myofascial Release is a Technique (MRT) that allows a practitioner to diagnose and treat soft-tissue injuries. The purpose of MRT is to relieve the body of soft tissue tension and/or scar tissue, which may restrict blood flow and nerve function. This can occur by sudden or chronic injuries. Each injury may be resolved quickly and permanently with MRT.

How Does MRT Work?

The MRT professional uses his or her hands to assess the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by the precise application of pressure combined with specific patient movements. These treatment techniques may be adjusted to the specific problems of the individual patient.

What can I expect from MRT?

Since this technique is highly specific to each tissue injury, treatment sessions take approximately 10-15 minutes and patients can improve in as few as two sessions.

Does MRT hurt?

MRT is a non-invasive treatment, proven to be both safe and effective. Symptoms are often more noticeable during treatment, an indication that the problem tissue has been identified; however, they usually subside within minutes after treatment.

Is MRT for You?

Yes. MRT is suitable for anyone who is experiencing common problems such as:

- headaches
- back pain
- carpal tunnel syndrome
- shin splints
- shoulder pain
- sciatica
- foot pain
- knee problems
- tennis elbow and many other soft tissue injuries

How do I book an appointment?

To arrange an appointment with a chiropractor within the Health and Performance Centre, please call 519-767-5011 (press 1 to reach reception).

Health & Performance Centre

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