

Our Invitation.....

It is a rare and unique opportunity to walk into a center and have the owners provide the services.

Jersey Shore Myofascial Release Center grew out of the love that the owners have for massage therapy and authentic healing. Owners, Brian and Michele Ruhmann have over 40 years combined experience in athletic training, fitness programming, massage therapy, spa services, and alternative healing modalities. Through their own personal growth, Brian and Michele have discovered absolute truths that they strive to bring to each of the services and programs offered at Jersey Shore Myofascial Release Center. These truths are; unconditional presence, unconditional acceptance, and unconditional love.

While we believe that it is essential for everyone to experience these truths, we also acknowledge that it is our souls' purpose at Jersey Shore Myofascial Release Center, to express them to you, our clients.



Healing The World...

One Body At A Time

Michele and Brian Ruhmann



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Now accepting Visa/Mastercard and Debit Cards.



**Jersey Shore
Myofascial Release
Center**

**For Appointments:
732-223-9335**

Understanding Myofascial Release

Myofascial Release (MFR) is a safe, effective, and extremely gentle form of stretching and balancing that can eliminate pain, restore mobility, and have a profound effect on the body's tissues at a very deep level.

MFR is a holistic hands-on approach that produces consistently effective and lasting results by respecting the wisdom of the client's mind-body and its ability to self-correct.



The skilled MFR therapist offers powerful “hands-on” healing techniques that can facilitate the health and wellness of their clients, and assist them in realizing their fullest potential. MFR techniques provide gentle, sustained pressure into the fascial system to release restrictions which are often the cause of pain and limited motion.

MFR is particularly helpful in the treatment of stubborn or chronic problems that have not been resolved by traditional methods. Promoting mind-body awareness can provide access to emotions and belief systems that may have prevented permanent structural healing. Once this missing information is revealed and released, healing is complete.

Treatment

Myofascial Release is utilized as part of an individualized, comprehensive treatment program which may include traditional modalities, exercise/flexibility programs, movement therapies, and therapeutic yoga. By treating the “cause of the problem”, symptoms are eliminated in order to make permanent, structural changes to help the client return to a pain free active lifestyle.

Myofascial Release is effective in the treatment of:

- Headaches & Migraines
- Fibromyalgia
- Myofascial Pain
- Chronic Fatigue Syndrome
- Women's Health Issues
- Pelvic & Menstrual Problems
- TMJ Dysfunction
- Neck & Back Pain
- Carpal Tunnel Syndrome
- Restriction of Motion
- Acute & Chronic Pain
- Attention Deficit Disorders
- Repetitive Stress & Sports Injuries
- Rehabilitation
- Post Surgical/Traumatic Scarring
- Scoliosis
- Neurological Dysfunction

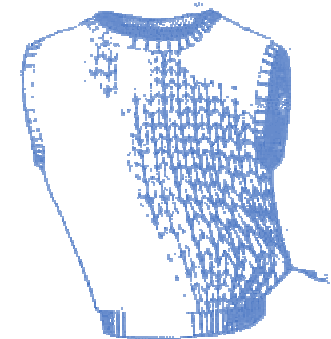
Treatment sessions usually last 60 minutes.

Daily sessions, or even treatment intensives, involving multiple treatments per day with possibly more than one therapist, can be discussed as a comprehensive treatment option.

Understanding the Fascial System

The fascial system consists of tough connective tissue which spreads, uninterrupted, throughout the entire body in a three dimensional web. The fascia has an appearance similar to a spider's web, or a sweater. The fascia surrounds, attaches to and infuses every muscle, bone, nerve, blood vessel, and internal organ. You can begin to see that each part of the body is connected to every other part by the fascia, like the yarn in a sweater.

The “Sweater Effect”: any pulling in one place can create drag in distant areas.



Photograph used with permission from Rehabilitation Services, Inc.

Therefore, when the fascial system becomes tight or hardens in one area (due to injury, inflammation, disease, surgery, etc.), it can create drag distantly into seemingly unrelated areas of the body. The fascial system profoundly influences all other structures and systems of the body. Fascial restrictions exert enormous pressure on pain sensitive structures causing discomfort and/or limited motion. These restrictions can affect our flexibility and stability, and are a determining factor in our ability to withstand stress and strain. Since many of the standard tests, such as x-rays, and MRIs do not show fascial “drag”, it is possible that many people suffering with pain and/or lack of motion may be experiencing undiagnosed myofascial restrictions.