**ABOUT YOUR FIRST APPOINTMENT**

**ABOUT ME**

Hello and thank you for your enquiry about Myofascial Release (MFR). I’m Claire and I started on my MFR journey by using it along with other disciplines of massage, on dogs about 8 years ago. Wanting to know more about the technique Myofascial Release (MFR) that is notably the most effective technique I use, I wanted to study it further and apply it to human clients! After researching courses that would give me the right skills, I completed my Diploma in Practical Myofascial Release with a leading UK Myofascial Practitioner and author on the subject, Amanda Oswald.

From Amanda I have learnt the **John Barnes** approach to releasing tight, painful restrictions in the myofascial web. Keep reading to find out what it is and how MFR can help.

I believe very strongly in and have seen the results of Myofascial Release Therapy and I hope it will make a difference to you.

I look forward to helping you and others by relieving chronic pain and discomfort.

**YOUR** **FIRST APPOINTMENT**

The first appointment lasts approximately 90 minutes. (Subsequent sessions are approximately 1 hour)

At least 30 minutes of this time in the first session will be getting to know you, what you feel you want me to work on. Also, for you to get to know me and feel comfortable.

Part of this first session consists of a postural assessment, and we will also go through your health history questionnaire (see below). The treatment itself lasts approximately 55 minutes.

The postural assessment is best undertaken in shorts and a vest top or underwear. You will need to remove your outer wear for the treatment but areas not being treated will covered by a towel to preserve your modesty. Ladies, it is best if you wear a back fastening bra to allow me access to your upper back.

**THE THERAPY, TECHNIQUES & WHAT TO EXPECT**

The techniques I will use may feel quite different to the normal massage treatments you may have had before. I will use specialist ***Myofascial Release***, ***trigger point therapy*** and where appropriate, ***scar tissue work.***

You will find that over the course of the treatments that I work in areas that may seem unrelated to where you feel the issue is. The reason for this is that fascia, which is a connective tissue, joins various parts of the body along lines, or meridians with surprising consequences. That pain in the left side of your neck may be a result of you twisting your right ankle months or even years ago!

Myo = muscle, Fascial = relating to fascia. FASCIA is the 3-dimensional network of connective tissue such as tendons, ligaments and other connective tissues which encompass every muscle, bone, organ and is found at even the most basic cellular level.

Healthy fascia is fluid, dynamic and pliable tissue allowing the surrounding soft tissue e.g. the muscles (and organs) to slide and glide against each other.

Fascia can be damaged by repetitive strain, poor posture, over or underuse of body parts, surgery, neurological conditions, and even emotional trauma.

Myofascial release aims to restore healthy blood flow, hydration and pliability to the fascia, muscles, and other soft tissues to restore movement and balance.

During the treatments, I will encounter ***trigger points*** which are areas of focussed tension and restriction. When touched they can be painful, and they can also refer pain to other parts of the body. When I encounter these, I will wait for the fascia to respond which will release these specific areas

***Scar tissue work*** is a very gentle way of releasing fascial restrictions caused by both surgical and injury scars. Even if you don’t think your scar is a problem it could be affecting the internal soft tissue more deeply and extensively than you imagine. Scars release best if there is a 3-week gap between specific scar treatments, but I would use myofascial work in between.

**WORKING WITH YOU (& YOUR PAIN)**

Good communication between you and your therapist is the key to a successful treatment. Pain is a useful tool as it our body’s way of telling us that something is wrong and/or to stop doing something harmful e.g., putting your hand on the hot iron! When pain becomes chronic however, people stop doing things they enjoy, it limits their ability to work and can cause compensatory restrictions in other parts of the body, so you don’t know where the real original problem is.

It can also lead to depression or just a lack of zest for life

In the treatment itself there may be short periods of therapeutic discomfort, or “good” pain which means I am in an area with restrictions that need therapy so that your body can release, and your mind can relax. However, *you* are in charge so if anything goes beyond what you are comfortable with you should tell me. It maybe that I need to work somewhere else first and then come back to that area.

I will communicate to you what I find, and I encourage you to give me feedback during and after the treatment so I can make sure the therapy is working for you.

**YOUR TREATMENT PROGRAMME & SELF HELP ADVICE**

Often, the activities that that you do on a regular basis contribute to or cause the pain you experience, and it may be that you either don’t want to or can’t stop that activity e.g Long distance running as a hobby, or continual desk work for your job. If that is the case, then one or two treatments will not “fix” you in the long term. I will therefore work with you to give you exercises, fascial stretches and other advice that can help you between sessions, giving ***you*** some power over your pain and helping to achieve lasting results.

**THE LONG TERM SLOW FIX… (Slow & steady wins the race)**

Generally, you should experience some relief from your symptoms even if they are not the primary “problem”, after the first session. However, it is important to understand that chronic pain doesn’t appear overnight but has built up over time because of such things as, a postural imbalance, or external factors such as your working environment or the leisure activity you participate in frequently, or a neurological condition. Therefore, it follows that your body will need several sessions to release deep rooted restrictions and imbalances.

Often, it is advisable to begin with a course of 6, weekly therapy sessions and then move to a maintenance programme of less frequent visits with you doing the advised exercises in between to maintain the benefits.

**ALLOPATHIC & HOLISTIC TREATMENT**

In the familiar western model of medicine, doctors and surgeons tend to specialise in different body parts or systems, e.g skeletal, muscular, lymphatic, nervous etc without making the connection between all parts and systems of the body i.e the allopathic approach.
Holistic, meaning “whole body” therapy bridges the link between the body systems, and Myofascial Release therapy acknowledges the fact that fascia, as a connective tissue surrounding and interspersing every organism in the body, can treat systems in the whole of the body, not just where you experience the pain.

Myofascial Release Therapy is a holistic or whole-body approach to pain, rather than the allopathic (just treating the “disease” approach). MFR also acknowledges the mind -body connection so that by promoting relaxation it will help the body heal because by giving the mind a chance to rest from the pain it creates a “space” for the body to heal naturally.

**COVID-19**

During the treatment I will continue to wear a face covering as at times I will be close to your head and face. Recent guidelines state this isn’t required, but I prefer to minimise the transmission risk. I am fully triple “jabbed” and conduct biweekly lateral flow tests. I leave it entirely up to you whether you wish to wear a face covering or not

Please complete and return the following brief health history questionnaire at least 2 days before your appointment. This will help me understand your current condition and alerts me to any contraindications to the therapy. Your personal details will be kept safe in accordance with GDPR regulations.

**HEALTH HISTORY QUESTIONNAIRE**

*Please either print this off, write your answers in, scan & return to me OR type your answers in the blank boxes below and highlight Yes or No question answers and email back to me, thank you*

PERSONAL INFORMATION

|  |  |
| --- | --- |
| Full Name |  |
| Address (inc postcode) |  |
| Preferred Contact Telephone number |   |
| Mobile telephone number |  |
| Email address |  |
| Date of Birth (dd/mm/yy) |  |
| Occupation |  |
| GP Name and address |  |

Have you visited your doctor recently or are you currently receiving treatment from them? YES NO

If yes, please provide brief details: -

Are you currently receiving treatment from another therapist? YES NO

If yes, please provide brief details: -

What is your main reason for attending Derbyshire Pain Relief?

How did you hear about Derbyshire Pain Relief?

**INJURIES, OPERATIONS & ACCIDENTS IN THE PAST**

Have you had any major or minor accidents or injuries, no matter how long ago? Please include any sprains or muscle strains (pulls), Road Traffic Accidents etc. Please provide brief details including approximate dates

Have you had any major or minor surgical procedures/operations, no matter how long ago? Please include even exploratory procedures e.g. laparoscopy. Please provide details including approximate dates.

If you have scars from surgeries or injuries, please give details of where they are, and do they cause you any problems?

**GENERAL HEALTH & LIFESTYLE**

Do you exercise regularly? YES NO

Please list what types of exercise you do and how often, i.e. daily, weekly, monthly, less frequently

Please answer the following questions and if you wish to add more detail please do so.

Do you usually sleep well? YES NO

Do you have any digestive problems? YES NO

Do you have headaches or migraines? YES NO

On a scale of 1 to 10 with 1 being very low, and 10 being very high, how stressed do you currently feel?

At Home?

At Work?

Do you have any children and if so, what are their ages?

Do you live alone, with family or house share?

**FEMALE PATIENTS**

Do you have any problems with your periods? YES NO

Could you be pregnant? YES NO

Do you have any problems with the menopause? YES NO

**ONGOING MEDICAL CONDITIONS**

Do you have any ongoing medical conditions or are you taking any medication? YES NO

If yes, please provide details

**CURRENT PAIN**

On a scale of 1-10 (1=low) what is your current pain level? At rest? When active?

Which areas cause you most pain?

Are there any areas that feel restricted, or movements that you avoid for fear of pain?

**AGREEMENT & SIGNATURE**

The information you provide is strictly confidential and will not be shared with anyone. I am the only person with access to your personal information and data and it will be stored securely in accordance with GDPR requirements.

Please state whether you wish to receive occasional updates or offers from Derbyshire Pain Relief YES NO

Please state whether you wish to receive appointment reminders by text or email.

By signing below, you confirm that:

* The information you have provided is correct to the best of your knowledge and belief
* If there are any changes you will let me know
* Your GP or other medical practitioner has not advised you against having any complementary therapy
* You consent to complementary therapy
* You consent to Claire Kirton, Derbyshire Pain Relief holding your personal data

Signed

Dated