



What is Fascial Link Therapy™?

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Fascial Link Therapy™ is a method of releasing connective tissues, muscles, tendons and ligaments along Fascial Link™ lines. It is a form of neuromuscular therapy that includes working closely with muscles, tendons, and fascia. Fascia is connective tissue that bands together much of the body's soft tissue, and is one of the ways the body keeps "everything connected"! Advanced levels of Fascial Link Therapy address imbalances in the body's energy systems, and are based in meridian therapy. Meridians are the basis for sciences such as Acupuncture and acupressure.

Fascial Link Therapy uses a technique called the Dual Release method. The Dual Release method includes techniques for releasing restricted tissue in the body by working with two stress points at the same time. A Fascial Link practitioner has training to use this method along Fascial Link lines in the body, thereby reducing your discomfort and pain during the treatment and relieving pain and tension faster than treating each area separately or just applying deep pressure right at the area of pain. This technique is also effective to release pain patterns that have not responded to traditional trigger point, myofascial release, or localized neuromuscular methods.

Exactly what is involved? Fascial Link therapy addresses muscles, tendons, and most importantly fascia that responds to a stressor and becomes painful. Usually this includes assessment of structural and energy imbalances, the application of the Dual-Release technique, light touch or no touch meridian balancing, and self-care guidelines.

Stressors may include:

- **Postural stress** from
 1. Poor Posture
 2. Repetitive or frequently used work activities
 3. Repetitive or frequently used sport activities
 4. Imbalances created by pronation, often called "fallen arches" or "flat feet"
 5. Imbalances created by supination, which is often noticed by rolling on the outside bottoms of the feet



- **Trauma**, including accidents, falls, other injuries
- **Chronic pain** due to conditions such as fibromyalgia, RSD, peripheral neuropathy, etc.
- **Emotional stressors**, including stress from needing to constantly please others, frustration, anger, grief, release issues, worry, melancholy, depression, heartache, indecision, anxiety, fear, exhaustion, panic, and other challenges. Advanced Fascial Link practitioners effectively treat these stressors with meridian-based energy therapies, which are light touch or no touch techniques.

Neuromuscular response patterns, which sometimes appear as compensation patterns throughout the body, are laid out in Fascial Link lines. As the nervous system makes adjustments, the Fascial Link therapist adjusts as well. In this way, therapist treats cause and compensation patterns quickly and effectively, matching the neuromuscular responses of each client to restore balance.

As is found in traditional neuromuscular approaches, Fascial Link Therapy is based in postural balance from the feet up. And much like other clinical therapies, the Fascial Link practitioner will look for nervous system signs such as pain, numbness or tingling, and evaluate responses to manual tests and treatment results according to standard evaluative processes. It is in this regard that Fascial Link Therapy is a neuromuscular therapy method.

Since Fascial Link therapy addresses muscle and fascia, a background in myofascial techniques is immediately applicable to the Fascial Link practitioner and further builds the foundation for understanding of the fascial system. Useful myofascial methods can be applied along these broader lines of stress to address muscle and fascia. Fascial Link charts are taught in layers in order to make Fascial Link work easier to study.

As trigger point therapy dictates working in layers and seeking out specific points, Fascial Link therapy builds on this concept to apply this technique in more than one location at a time, which we call a dual-release technique. Feedback from clients is interpreted differently than in traditional trigger point methods, and special training allows the practitioner to work with more areas of the body during a session.

Advanced levels of Fascial Link Therapy will tune the body's energy systems. This ensures that the healthy state created by manual therapy is set.

The objective of fascial link therapy is to decrease pain, improve performance, and restore balance through the elimination of unhealthy neuromuscular and energy patterns. A massage therapist or other hands-on practitioner performs this work. Looking at the cause of pain as a postural or energy imbalance is often new to patients and health professionals. Therefore, a quick overview of the postural chart showing fascial links can benefit both health care providers and patients alike.



Fascial Link Energy training uses a meridian chart to help understand imbalances in specific areas and overall. Energy work for Fascial Link therapy is based in Meridian therapy, which developed in Asia and has become more understood in the US in recent years. This long-standing Eastern foundation in energy therapy enables Fascial Link work to be more lasting, and provides a method of releasing stress and causes of stress that is age old. Since the use of meridians has been around for thousands of years, resources for understanding these energy imbalances are widely available. Fascial Link Energy Therapy is a system of accurate and effective assessment and care that makes Fascial Link Structural Therapy more profound, effective and lasting.

Fascial Link Therapy practitioners can rely on clinical Fascial Link Structural and Energy skills to help people live better quality, pain free lives. **Fascial Link Therapy clients** can enjoy one of the most comprehensive and perceptive forms of bodywork available today. I invite you to try it, and see the results!

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