

EDP on Myofascial Release

Department of Physiotherapy, DIBNS organised a 2 days EDP on MFR. Myofascial Release (MFR) is a holistic, therapeutic approach to manual therapy. MFR offers a comprehensive approach for the evaluation and treatment of the myofascial pain syndrome . Myofascial pain syndrome is a chronic pain disorder caused by sensitivity and tightness in the myofascial tissues. These tissues surround and support the muscles throughout the body. The pain usually originates from specific points within myofascial tissues called “trigger points.”

Myofascial release focuses on reducing pain by easing the tension and tightness in the trigger points. It's not always easy to understand what trigger point is responsible for the pain. Localizing pain to a specific trigger point is very difficult. For this reason, myofascial release is often used over a broad area of muscle and tissue rather than at single points.

Speaker and instructor, Dr R.Arun Mozhi, Professor, SBS University talked in details about the massage therapy and demonstrated the ways to carry out the therapy which would reduce tension throughout the body of the patient by releasing trigger points across a broad section of the muscular system, thus bringing relief to the patient. Students got an opportunity to learn and practise MFR. 40 students attended the EDP. Present on the occasion were HOD, Dept of Physiotherapy, Dr Depte Warikoo, Organiser of the event, Dr Richa Agarwal and Dr Keerty Mathur, Dr Ashish Dev, Dr Diksha Bhatt and Dr Nidhi Rawat.



