**EnTouch Holistic Therapy, PLLC**

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**Self-Care Frequently Asked Questions**

**Why are my symptoms feeling worse?** What you are experiencing is the **healing crisis**--sometimes you feel worse before you feel better. Why does the happen? This occurs as you begin to release into the deeper layers of restrictions that have been tightening down on the nerves and blood vessels in your body. As the connective tissue around these sensitive areas release, the nerves, bone, and blood vessels of that area will start functioning better but it can also become agitated. I like to use the metaphor of the weed. An injury or trauma acts like a weed root on your connective tissue. It grows and tightens down on the bones, nerves, and

vessels of the body and throws the body out of alignment. Over time, you get used to not feeling the pain that that trauma or stress has caused. When the connective tissue of that area finally gets released, the pain that has been numbed out in the body comes to the surface. (This pain is often associated with nerves and blood vessels being opened up and getting agitated with all the new movement.) This pain is something that you have been dealing with every day, but is finally coming to the surface so that you can become aware of it and your body can heal. The healing crisis can include other sensations or emotions. Usually, this process lasts around 2 days, but it can go on longer.

**What should I do if I have a flare up, or go into a healing crisis?** Always remember that Myofasical release is never injurious. Use the self-treatment techniques that your

therapist taught you and treat the areas that are going through a crisis. A regular self-treatment program combined with your therapy sessions will help progress your healing process much faster. What also helps is spending some quiet time bringing awareness into your body and soften into it. Try to sink deeper into whatever feelings come up. Let yourself feel your symptoms fully and get in

touch with what lies underneath. Give your body permission to let go of anything that is no longer serving you, and give yourself permission to do and feel whatever you need in order to heal. This may bring up memories, emotions, shaking, sweating... the list could go on and on. The key is to let yourself go without any judgment or holding back. If you need further help with your crisis, contact your MFR therapist and get treated as soon as possible.

**Why are my therapists treating my whole body rather than my specific area of pain?** You might be having pain in one specific area, but that might not be where the pain is coming from. For example, pain that someone has in their leg or foot can be coming from a pinched nerve in the spine or hips. The body acts like a teeter totter. If one area gets traumatized or injured, that injury tightens down on the fascia, like a fly caught in a 3-D web, and pulls on other areas of the body and can cause pain and inflammation in a totally different area. The MFR philosophy is to look at the entire being, not to just focus on where the symptoms are. This way the therapist can focus on finding the root of the problem, and facilitate true healing in their clients.

**Self-Treatment Tips:**

**Use your breath to facilitate release**: The more you are engaged in the process, the more you will benefit from the time you spend self-treating. One of the best ways to be engaged is through your breath. Therefore, breathing into the sore, tight, tender area, taking your focus and awareness there via your breath, and letting your body soften over the ball will help your tissues to release and let go.

**It takes time**: Remember it takes 5 minutes for our tissues to start to soften and even longer for them to fully let go. If you are self-treating for the first time, you may want to set a timer for 6 minutes to get a sense of the minimum length of time required for your body to begin to soften. To get a full release, it usually takes 6 or more minutes of gentle, sustained pressure in one spot for the layers of tightness to fully let go. At first, this will seem like a long time to wait, but as you become experienced and practiced with self-treating and feeling the sensations associated with release in your body.

**Keep the intensity low**: How’s the intensity? Do you feel like you can breathe into it or do you feel like you have to hold against it? It’s really important to be easy and gentle because even when we’re telling ourselves it is ok and telling ourselves to relax, if the pressure is too strong our bodies will just tighten up against it in protection and you won’t be able to relax into it. So, if you find a spot that feels nasty, just work around or beside it for a while before working on it directly.

**Self-treat on a soft surface**: When self-treating in the lying down position, always start on your bed. This will allow the pressure to be gentle so your body can soften and let go. Over time, a period of a couple days or weeks of regularly self-treating, you won’t be able to find any sore spots using your bed and then you can move to a firmer surface such as a padded or carpeted floor.

**Self-treat a few spots well**: Because it takes time for our tissues to let go, it’s really important to just work on a few spots thoroughly rather than lots of spots for 30 seconds each. Even though it may feel good, this is just wasting your time as it is not ample time for the tissue to fully release.

**No protocol**: There’s no set protocol for self-treating. You can do it any time of the day for as long or as little as you like. Some people treat themselves periodically throughout the day, others once a day. Just explore whatever works best for you. The more time you invest in treating yourself, you’ll require fewer hands-on sessions and reach your goals more quickly. Ultimately, the choice is yours. Just make sure that you are awake and conscious of all of your self-treatment.

**No distractions**: Some people say, “oh great, I can self-treat while I’m watching TV or talking on the phone!” Know that that’s ok, but to get the real benefit, we need to be in an environment so we can be focused and free of distractions such that we can really tune into the feelings and sensations in our bodies. When we really listen to our bodies, it’s as if the tightness in our body knows that and says, “Okay, you are listening to me, I can soften and release that!”