

## Myofascial Release

## Dr Richa Singh propounds

### CURING MUSCULOSKELETAL PROBLEMS WITH MYOFASCIAL OR TRIGGER POINT RELEASE TREATMENTS

BY SMITI JAIN NARAYAN

Physiotherapy is a vast field with many different types of treatments and therapies that are tailored to suit every patient's individual requirement. There is no one-size-fits-all.

Let's take a look here at Myofascial Release or Trigger Point Release as an essential therapy for certain specific problems relating to musculoskeletal issues that people are often afflicted with. Especially

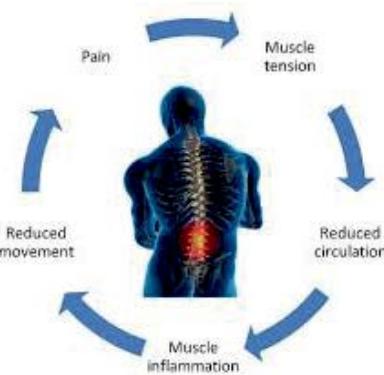
those who do heavy workouts like sports persons, athletes, cross trainers, gym enthusiasts are prone to such problems due to the physical stress that they subject their bodies to. The high stress levels lead to chemical changes in the brain, resulting in build-up of toxins in the body.

Myofascia is a layer in-between the skin and the muscles, that holds all hormones and toxins which are responsible for the symptoms of excruciating aches and pains experienced by the sufferer. The overuse of muscles, repeated traumatic stress, long hours of sedentary lifestyle can all lead to acute, twisting type of pain.

#### Myofascial Release or Trigger Point Release

A hands-on technique which is very effective, and involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore movement.

This is a manual, hand release therapy.



**Dr Richa Singh - Physiotherapy Exponent**

#### IASTM – Instrument Assisted Soft Tissue Mobilisation

This is largely based on manual therapy skills and is a popular treatment form. IASTM uses specially designed instruments to provide a mobilising effect to scar tissue and myofascial adhesions.

Dr Richa emphasises, "With Physiotherapy, one can root out musculoskeletal problems without any medicines or surgery. In fact, Physiotherapy can be faster than surgery, with quicker results. Whether it is the cost factor or the time factor, it's time people realised the tremendous benefits of Physiotherapy."

Treatment varies from case to case, with specific therapy depending on individual requirement, whether it should be localised to a specific point, or generalised over a larger body part, for instance.

Typically a patient has to undergo



*Instrument Assisted Soft Tissue Mobilisation*

three to ten sessions to experience complete healing, then perhaps a periodic visit for maintenance. The patient's previous medical history and current condition is also taken into account while deciding the treatment plan, like if they are diabetic or have a thyroid imbalance.

Dr Richa brings over 10 years of dedicated experience to this field, with exemplary efforts towards increasing awareness on the subject of Physiotherapy which is still in nascent stages in India.

With her constant endeavours and boundless zeal, slowly but surely the power of physiotherapy is being understood and appreciated by a growing number of patients who have benefitted from it. It also shows how even one person with passion can make a huge difference.

Kudos to the power lady for her tireless efforts at popularising a whole new genre of non-invasive treatment.



## DR RICHA SINGH

- HSR Layout • Indiranagar

Tel: 98862-72166