

SESSION OPTIONS

\$10 discount for YMCA members!

Ask about our 4 session package deal after your first session!

◆ 30 minute Targeted area \$45
\$35

30 minute sessions will be focused on manual release in one specific area of tension/dysfunction.

◆ 60 minute Upper or Lower Body \$80
\$70

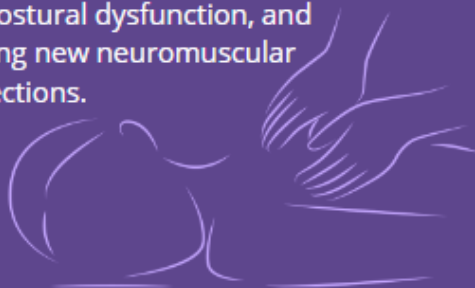
60 minute sessions will be focused on manual release in a specific body region (upper body OR lower body)

◆ 90 minute Full Body \$115
\$105

90 minute sessions will be devoted to manual release of the full body system.

◆ 90 minute Hybrid Release & Integration \$115
\$105

90 minute hybrid sessions will consist of manual release followed by integrated exercise or movements to correct myofascial and postural dysfunction, and building new neuromuscular connections.



ABOUT ME

Jenna Moon

- Integrated Manual Therapist
- Human Movement Specialist
- ACE Certified Personal Trainer
- RYT-200 Yoga Instructor



I am fascinated with the mind-body connection.

The way we as humans hold our stress, emotions, fears and traumas in our physical bodies. How our bodies find ways to compensate movement when we have injuries, restrictions and dysfunctions. My passion and purpose in this life is to help others find freedom and ease in their bodies and bring awareness and healing to the mind-body connection. Integrating and balancing the physical, emotional and neurological human body system.

MUSCLE & MYOFASCIAL

Manual Release Therapy



Offering Services at the
Chippewa Falls YMCA



YMCA (715) 723-2201 jmoon@ymca-cv.org

WHAT IS MANUAL RELEASE THERAPY?

Manual release therapy for muscles and myofascial tissue is a hands-on type of targeted massage and body manipulation that releases tightness and pain throughout your muscles and myofascial tissues.

First, the therapist will locate trigger points (or knots) in your myofascial tissues. Then, gentle pressure or tissue manipulation is performed until the tension in the myofascial tissue is released.

During manual release therapy, your therapist doesn't just focus specifically on your muscles. They also focus on releasing tension in your fascial tissues.



WHAT IS FASCIA?

"Fascia" refers to the connective tissue that covers and supports your entire body. The stringy, spider web-like tissue is densely woven throughout your muscles, bones, nerves, arteries, veins and organs. Every part of your body is connected to it in some way. That's why if there's a snag in the tissue in one part of your body, it can cause pain in another part of your body.

FASCIAL DYSFUNCTION

Normally, fascia is flexible and stretchy yet strong, providing structural support to your entire body. Fascia is usually able to move without any restrictions. When your body experiences any kind of trauma (this can be physical trauma but also includes mental/emotional trauma as well), your fascia may lose its flexibility. It becomes tightened and more rigid. The tightness can lead to pain and loss of motion, which can affect your quality of life.

WHO IS IT FOR?

Manual release therapy of muscles and fascial tissue may help anyone who has tightness, pain, or restricted movement. Myofascial release may benefit **people who have experienced:**

- **Physical trauma:** From incidences such as falls, car accidents or whiplash.
- **Mental/emotional trauma (PTSD):** Studies have shown that past traumatic events/memories can manifest in our physical bodies through muscle, myofascial and postural dysfunction. Muscles remaining tense from the nervous system being in an extended state of fight/flight.
- **Posture dysfunction:** When the body's natural alignment is disrupted, placing increased stress on the muscles, joints, and spine. This can lead to a wide range of neuro-musculoskeletal problems, including pain, muscle imbalance, and reduced mobility.
- **Scarring:** From conditions such as frozen shoulder, burns or surgery.
- **Inflammation:** From conditions such as bursitis, osteoarthritis or plantar fasciitis.
- **Compressed nerves:** From herniated disks or carpal tunnel syndrome.
- **Repetitive stress injuries:** From heavy lifting or poor posture.