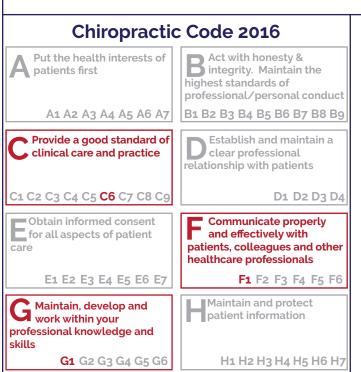
## CPD EVENT RECORD PAIN AND MYOFASCIAL RELEASE

Recording: Learning by Oneself

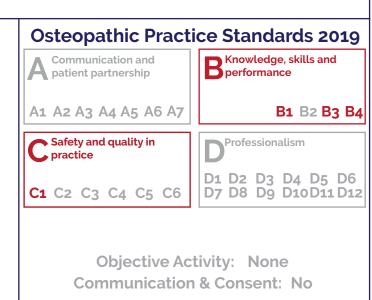
with Ruth Duncan

## **Summary**

This discussionconcerned the role of myofascia in modulating pain responses. The possible mechanisms behind the effectiveness of myofascial treatment were covered, as was the idea that the fascia might have "memory" of trauma, including emotional stress. The bio-chemical processes involved in pain, adhesions, scar tissues were outlined and the effectiveness of different tools was examined.







## **Evaluation, Reflection and Impact on Practice**

On reflection, this reinforces my knowledge of the role of fascia and has provided some useful sources of research, which might help my treatments. Overall, I am better able to explain to patients the role of fascia in their health.

## Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: