



CANADIAN SPORT MASSAGE  
THERAPISTS ASSOCIATION  
ASSOCIATION CANADIENNE DES  
MASSOTHÉRAPEUTES DU SPORT

## Myolage™ – A Fluid Perspective on Myofascial Release

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July 22, 2018

Today we took a different look at fascia and a new way to assess soft tissue restrictions. Musculoskeletal injuries such as ligament sprains, muscle tears and bone fractures leaves clues in the body long after they have healed. Sometimes unresolved restrictions from the tissue healing of these injuries may be the cause of other issues elsewhere in the body.

We briefly covered the science of the triple helix building block of fascia and the importance of hydration in tissue function.

Next Myofascial Mapping was introduced as way to find tissue restrictions in the body. Within this process we were able to find long forgotten injuries.

Once these restrictions were found, a unique soft touch compression technique was introduced (osteopathic in nature) to correct the restrictions.

Although the lower body was introduced for assessment the same principle may be used for the rest of the body.

“...when water is removed from the molecular structure, it shrinks...”

<http://news.mit.edu/2015/collagen-mechanics-water-0122>



Members attending:

Mike Grafstein – ONT Chapter Treasurer  
Jonathan Maister - Member  
Gillian Samuel – ONT Chapter President  
Alexandra Abbott – ONT Chapter Event Chair  
Deme Barlas - Member  
Jeffrey Adderly - Member  
Lisa Chang - Member