

About Calmmile

Thank you for reaching out regarding Myofascial Release (MFR). I am Alex, a certified massage therapist with special expertise in MFR, scar tissue work, and advanced massage therapy for individuals with acute, chronic, and injury-related pain.

Clinic locations

Every Tuesday from 1:30pm to 9:00pm at Manchester Body Balance, located at 438 Flixton Rd, Urmston, Manchester M41 6QY.

Every Sunday from 9:30am to 4:30pm at Withington Baths & Leisure Centre, located at 30 Burton Rd, Withington, Manchester M20 3EB.

We also offer mobile treatments and online appointments as well.

Your First appointment

The initial appointment will usually last for 90 minutes. During this time, we will have a consultation and do a postural assessment. It is best to wear shorts and a vest top or underwear for the postural assessment. We will also go through your health history questionnaire which we will send you as a separate file. For your treatment, we will ask you to remove some clothing so we can access your body for the treatment. However, we will take all the necessary steps to ensure your privacy and modesty are respected; a towel will be used to cover any areas of your body that are not being treated. For women, it is recommended to wear a back fastening bra. Subsequent sessions will usually last for 60 minutes.

When attending the appointment in the clinic, please come alone unless you require assistance; if this is the case, please notify us ahead of time. Please bring as few items as possible.

Design Your Therapy Plan

We hope that you will feel some relief from your pain following your first appointment, although it's unlikely that you will be healed in just one session. This is especially the case if the problems you are facing have been building up over time or are caused by outside factors such as your working environment or practices. We often suggest 4-6 weekly therapy sessions. Please bring your diary to your first appointment, so we can arrange a schedule that works for you.

Therapy Techniques Used

We specialize in myofascial release, trigger point therapy, and scar work, as we have found these to be the most effective techniques for addressing pain conditions.

Myofascial release is a technique used to treat musculoskeletal pain, dysfunction, and discomfort. It is a type of manual therapy that works to restore the normal function of the fascia, allowing for improved mobility and better posture. The fascia is a network of fibrous connective tissue that surrounds all of the muscles, bones, organs, and other parts of the body. It can become damaged or restricted due to a variety of factors, including poor posture, repetitive strain, overuse of body parts, surgery and even emotional trauma.

Healthy fascia is fluid, dynamic and pliable tissue allowing the surrounding soft tissue e.g. the muscles (and organs) to slide and glide against each other. When the fascia is damaged or restricted, it can result in pain, dysfunction, and tightness.

Myofascial release works by gently stretching and manipulating the fascia to increase its pliability, hydration, and blood flow. This helps to relieve tension, pain, and other forms of dysfunction.

During the treatments, we will encounter trigger points which are areas of focussed tension and restriction. When touched they can be painful, and they can also refer pain to other parts of the body. When we encounter these, we will wait for the fascia to respond which will release these specific areas. Trigger points can cause a variety of symptoms, including pain, numbness, tingling, and muscle weakness.

Scar tissue work is also used to release fascial restrictions caused by surgical and injury scars. Even if you do not think your scar is a problem, it could be affecting the internal soft tissue more deeply and extensively than you imagine. Scar tissue work is a very gentle way of releasing fascial restrictions and should be done with a 3-week gap between specific scar treatments. In between these treatments, myofascial work should be used as well.

Clients can expect a gentle and relaxing experience as the therapist works slowly and carefully to release the tension and restore healthy movement. It is important to note, however, that pain conditions may take multiple treatments to resolve, and that a starter course of 4-6 regular, weekly therapy sessions is often advised. After each appointment the therapist and client will assess progress, and any proposed changes to the therapy program will be discussed and agreed upon.

Working with you

Many clients come to us independently, after being let down by traditional medical treatment and attitudes. Chronic pain can be a very distressing experience, particularly when the cause of the pain is unknown. Communication is key to our treatment process, as it allows us to gain an understanding of your body and tailor the therapy to your needs. Your feedback during the sessions is essential to ensure that the therapy is working effectively, and that we stay within the boundaries of 'good pain', allowing your body to relax and release.

Self-help advice

As you continue your therapy programme, we will offer tailored stretches and exercises for you to do in between sessions. We understand the importance of introducing new exercises gradually, making it easier for you to practice and to integrate them into your day. We will work with you at your pace.

If you would like to go over the appropriate myofascial exercises in more detail, we offer online appointments. These appointments last for 30 minutes and cost £20. If you would like to book one of these, please contact us.

Payments

We offer appointments for 60 minutes at a cost of £48. For a 90 minute session the fee is £60. To secure your appointment, you need to make a deposit of £20 at least 48 hours in advance. You can pay via bank transfer or PayPal