PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

PATIENT INFORMATION GUIDE • FASCIA RELEASE / SELF-MASSAGE

Fascia release: gentle self-care

Fascia is connective tissue around muscles and other structures. Massage or foam rolling may help comfort and movement for some people. Aim for easier movement, not forceful tissue breakdown.

YOUR PRACTICAL SELF-CARE PLAN

01	**SET A USEFUL GOAL** **Check what helps**	Choose a simple movement that feels stiff and notice how it feels. If you have an injury, unexplained pain or swelling, get advice before using release techniques.
02	**START GENTLY** **Use broad pressure**	Use a soft roller or your hand over a muscle area shown by your clinician. Move slowly with light pressure. Support your body so you can easily ease off.
03	**MONITOR COMFORT** **Keep it manageable**	Brief, comfortable passes are enough to try. Do not chase severe pain or bruising. Stop for sharp, burning or electric pain, tingling, numbness or skin changes.
04	**MAKE IT USEFUL** **Move afterwards**	Recheck the movement and follow with gentle mobility or your exercise plan. If it does not help, you can leave it out. Lasting progress also needs appropriate activity and strength.

WHAT DOES RELEASE MEAN?

Feeling looser after massage does not prove that fascia has been broken up. Benefits can be temporary and vary. This is an optional comfort tool, not a cure for every pain.

CHOOSE SAFE AREAS

Avoid direct pressure over bones, joints, the spine, front or side of the neck, broken skin and fresh injuries. Ask your clinician to demonstrate a suitable area and technique.

WHEN TO GET MEDICAL HELP

Check before starting: recent surgery or fracture, osteoporosis, easy bruising, blood-thinning medicines, reduced sensation or a known medical condition affecting the area. Deep pressure may be unsuitable.

Do not roll or massage: an unexplained lump, a hot or swollen area, a suspected clot or an infected wound. New one-sided limb swelling needs urgent GP / NHS 111 advice.

Stop and seek advice: persistent worsening pain, new numbness or weakness, or significant bruising. Chest pain or sudden breathlessness with limb swelling is an emergency: call 999.

INFORMED BY: Cleveland Clinic: Foam rolling • UW Medicine: Recovery tools • NCCIH: Massage safety • NHS: DVT

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

GET IN TOUCH

www.promotehealth.co.uk

07446 836243 | info@promotehealth.co.uk

Physiotherapy in Abingdon | Online support available