

What is the difference between Barnes MFR and Upledger Cranio sacral treatments

John Barnes Myofascial Release engages the collagenous barrier by going to "resistance". Upledger prescribes using the weight of a nickel or 5 grams of pressure which in most cases is not enough to engage the collagenous barrier which usually takes more pressure and more time to produce the piezoelectric response.

Piezoelectricity is a Greek word for "pressure electricity". Our cells are crystalline in nature. When pressure is applied to a crystal it generates electrical flow. In the human body, the pressure we utilize with John Barnes' Myofascial Release generates a bioelectrical flow which then turns into what is called mechanotransduction.

Mechanotransduction allows for biochemical and hormonal effects to occur at the cellular level. This includes the release of interleukin-8 which is the body's natural anti-inflammatory.

Phase transition occurs next, as the body becomes capable of reorganizing at a higher level to allow for a positive change to occur, including rehydration of the ground substance, which under normal circumstances is gelatinous in nature. However, through injury, stress, trauma, surgery, or a thwarted inflammatory response, the ground substance becomes more and more dehydrated until it solidifies putting crushing pressure on pain sensitive structures of the body.

The final phase is Resonance (aka the "Release" of Myofascial Release). Resonance allows that which has solidified to rehydrate allowing the fascial system to glide and release this crushing pressure off the pain sensitive structures of the body for a resolution of the patient's/client's problem.

So, with John Barnes' Myofascial Release, the pressure we use is determined through feel because each person's level of resistance in the tissue is different and unique and depends on the level of their own particular degree and pattern of fascial restrictions. Treating the craniosacral system alone, without addressing the extradural fascial restrictions will have limited results, because as soon as the individual stands back up, the extradural fascial restrictions act like a powerful anchor pulling the structures within the craniosacral system out of balance again.

It is important to treat the entirety of the fascial system and to properly follow the Myofascial Principles which is to engage the collagenous barrier and to hold at the barrier for 3-5 minutes, preferably longer, to release through multiple layers of restriction. Following these principles allows for the phenomenon of piezoelectricity, mechanotransduction, phase transition, and resonance to occur.

Using these principles with the appropriate pressure will greatly enhance your effectiveness in a safe, gentle and compassionate way.

