

FOR IMMEDIATE RELEASE

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Local fascia experts provide relief from pain through inside-out healing techniques.

Ballard, Washington – January 18, 2019 – We’ve all been hearing about fascia lately, the connective tissue that’s created quite a buzz in the medical and fitness industry. Healthy fascia helps reduce risk of injury and improves athletic performance, sleep, strength and flexibility, among other benefits. IRG’s Center for Structural Medicine in Ballard has been focusing on fascia long before it became a buzzword, and their experts understand how fascia plays an important role in healing the whole body.

At IRG Center for Structural Medicine, holistic occupational therapists are trained in techniques such as Bowen Therapy, Gyrontonics, MELT Method, Myofascial Release, Soft Tissue Mobilization, and Tensegrity. These fascia-focused therapies help heal from the inside out to promote better posture and healthier movement. These therapies can help patients who can’t shake lingering pain, whether from a car accident or a work-related or sports injury. Patients who have unexplained pain, headaches, or movement restrictions may also benefit from fascia techniques.

Fascia is more than just connective tissue. It is alive and full of nerves, helping your body know where you are in space (also known as proprioception). The fascia and the nervous system are in communication, so the receptors in connective tissue communicate directly with the brain and can help or inhibit functional movement patterns. Taking care of your fascia helps decrease pain and can make every-day movement easier and more efficient.

Two IRG Center for Structural Medicine therapists attended global fascia conferences recently, including the International Fascial congress in Berlin (fasciacongress.org) and the British Fascial Symposium in England (fasciasymposium.co.uk). Fascia experts from around the world shared research on topics related to human biology, physiology and rehabilitation, including the latest on the interstitium, which scientists have claimed as a “new” organ.

“The interstitium is a series of connected, fluid-filled spaces, similar to a three-dimensional spider web, found under skin as well as throughout the body. We’ve been treating the interstitium for years in Ballard. It’s composed of the same material as fascia,” said Rachel Byrne, OTR/L, Clinic Director at IRG Center for Structural Medicine.



The interstitium protects our organs, muscles and vessels by absorbing bumps and shock. Caring for your fascia is now more important than ever. IRG Center for Structural Medicine offers the latest techniques and therapies, along with functional movement classes, to help heal the whole body, fascia and interstitium included.

IRG Center for Structural Medicine, located at 2821 NW Market Street in Ballard. Check out IRGPT.COM for more details.