

## Fasciatherapy to favorably assist children with various learning disabilities

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**BACKGROUND:** In regards to dyslexia and other learning disabilities, recent brain imagery work shows the main anomaly is the lack of connectivity between cognitive, sensory and/or motor levels. This new data changes the remedy panorama, the goal is no longer to shoot for a specific disability (reading, calculation, writing...), but a common cause to various disabilities; neither aim a process (phonology...), but the interactions between processes.

**HYPOTHESIS:** Myofascial tension may alter interactions between the brain parts involved in learning. Demonstrate that a very simple fasciatherapy technique can be used to favorably assist children with various learning disabilities such as dyslexia, dysgraphia and fine motor skills.

**APPROACH:** Explain to children and parents that fascia release work is done using touch, bodily sensations and breath. While providing firm, *supportive*, holding pressure [1], I encourage the child to describe location, type and intensity of bodily sensations to raise self-awareness, inhale deeply to stretch fascia, exhale without holding back to release, and reevaluate sensations. I change holding location when patient sensations decrease significantly or disappear. Parents to share teacher and own feedback.

**RESULTS:** Boy age 10, diagnosed with Asperger, dysgraphia and enuresis, stopped bedwetting after the first session and his fine motor skills increased in a spectacular manner after few sessions. From 1<sup>st</sup> grade like handwriting, he begun to write quicker and finer. He started to fiddle with things that required dexterity, meticulousness and perseverance, such as small building blocks. His anxiety decreased and school results increased greatly. Girl age 7, diagnosed with dyslexia and language disabilities (elocution and lexical access). After a few sessions, her school results increased to a point where she won the best improvement medal in her class and stopped needing help from an education professional. Her nights became restful because her nose no longer blocked and woke her up.

**CONCLUSIONS:** Results suggest that releasing myofascial tensions can improve learning abilities and other ailments in children by using this very simple holding technique.

[1] Walton-Hadlock J., Yin Tui Na: Techniques for Treating Injuries of Parkinson's Disease or Any Dissociated Injury. Fastpencil.com; 2012.