**Fasciatherapy to better jugular vein flow in post angioplasty MS patient**

Raymond Lord, FQM certified massage therapist  
Clinique de fasciathérapie InterActive™ 
148, rue Châteauguay, Bromont (Québec), Canada, J2L1K5 
phone: 450-534-4173  email: raymondlord.massotherapeute@gmail.com

**BACKGROUND:** I taught my fasciatherapy approach to the medical staff of a state-of-the-art, fully-licensed hospital and health resort that offers a unique blend of conventional, alternative, and integrative medicines. A 47 year old female patient diagnosed with multiple sclerosis was present for a one month Doppler scan follow up to an angioplasty (Dr. Zamboni procedure) to her *right* jugular vein.

**PURPOSE:** Demonstrate that a very simple fasciatherapy technique can be used to increase both the quantity and the quality of jugular vein blood flow in MS patients.

**APPROACH:** I explain to the patient that the fascia release work is done using touch, bodily sensations and breath. While providing firm, supportive, holding pressure [1], I encourage the patient 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. As agreed with the patient’s treating MD, a Doppler scan was performed on both the left and *right* jugular veins, prior to and after the 90 minute full body supine fasciatherapy session.

**RESULTS:** Prior to the session, both jugulars had the same acceptable blood flows than a month ago, with the *right* being less laminar than the left. After the session, both jugulars had a noticeable increased blood flow with equal laminar quality. This result is coherent with my MS patient’s subjective assessments of their “brain fog” disappearing after a session or two.

**CONCLUSIONS:** Results suggest that both the quantity and quality of venous jugular blood flow can be improved by using this very simple holding technique and may be considered a complementary treatment to the angioplasty procedure.