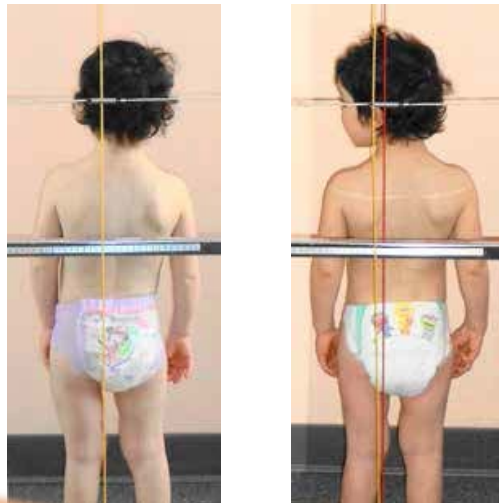


## **Myofascial Release Is So Incredibly Important!**

When Serena was 2 ½ years old, she was given a late diagnosis of hip dysplasia and a dislocated left hip. Surgeons rebuilt her left hip socket, after which time she spent almost 3 months immobilized in a Spica cast that stretched from her armpits to her ankles and, after a cast change, to her knees. Four months post-surgery this little girl was facing further aggressive surgery because her femur showed signs of moving out of the socket again.

Upon the recommendation of her local therapist, an MFR practitioner, her parents brought Serena to our Myofascial Release Treatment Center, “The Sanctuary”, in Malvern, PA where she underwent a two week intensive treatment program, including a combination of Myofascial Release, Neurodevelopmental training, and various movement re-education and facilitation techniques. Her treatment was such a success that aggressive surgery was avoided! Serena continues treatment with her local therapist along with a daily regimen of physical therapy and guided play to rebuild strength.



### **UPDATE!**

“Serena’s orthopedic surgeon just repeated X-rays as part of a checkup and they show that Serena’s hips are those of a normally developing four year old girl!” (Serena’s Mother)