

## Curriculum Vitae

John F. Barnes, PT  
President of Myofascial Release Treatment Centers and Seminars  
The Sanctuary Myofascial Release Treatment Center &  
National Headquarters of Myofascial Release Seminars in Malvern, PA  
Therapy on the Rocks Myofascial Release Treatment Center in Sedona, AZ  
[www.MyofascialRelease.com](http://www.MyofascialRelease.com)  
610-644-0136  
[Malvern@myofascialrelease.com](mailto:Malvern@myofascialrelease.com)

### Work Experience

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1960 to 1962

- o Staff Physical Therapist at Fitzgerald Mercy General Hospital, Lansdowne, Pa

1962-1964

- o Chief Physical Therapist at Sacred Heart Hospital, Norristown, Pa

1964-1973

- o Chief Physical Therapist at Chester County Hospital, West Chester, Pa

1966 to present

- o President and owner/operator of two Myofascial Release Treatment Centers; The Sanctuary in Malvern, PA, formerly located in Paoli, PA, established in December of 1966 and Therapy on the Rocks, located in Sedona, AZ, established in 1994.

1973 to present

- o Lecturer/facilitator of Myofascial Release Seminars, many of which hold continuing education approvals throughout the United States and Canada.  
Various dates and locations

1973 to present

President and owner of Myofascial Release Seminars, National Educational Company established in 1973. Myofascial Mobilization Workshop, Pediatric Myofascial Release, Myofascial Release I, Fascial-Pelvis, Cervical-Thoracic, Myofascial Unwinding, Myofascial Release II, Myofascial Rebounding, Advanced Myofascial Unwinding, Quantum Leap, Fascial Cranium, Skill Enhancement Seminar

1973 to present

- o Presenter of the following Myofascial Release Seminars:  
Myofascial Release I, Fascial Pelvis, Fascial-Pelvis, Cervical-Thoracic, Myofascial Unwinding, Myofascial Release II, Myofascial Release III, Myofascial Rebounding, Advanced Myofascial Unwinding, Quantum Leap, Fascial Cranium, Skill Enhancement Seminar

1966 to present

- o Licensed Physical Therapist - The Sanctuary Myofascial Release Treatment Center, Malvern, PA

1994 to present

- o Licensed Physical Therapist - Therapy on the Rocks Myofascial Release Treatment Center, Sedona, AZ

### Licensure and Board Certification

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State of Pennsylvania; 3/3/61 to present

License #PT001734L

State of Arizona; 12/6/94 to present

License #3002

Biofeedback Certification, Biofeedback Institute of America,  
1981 Education

BS Physical Therapy, from the University of Pennsylvania, 1960

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## Lectures

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- John F. Barnes' Myofascial Release Approach® Seminar Series
- The American Academy of Head, Facial and Neck Pain and TMJ Orthopedics, Baltimore, Maryland; Philadelphia, Pennsylvania; Houston, Texas
- Temporomandibular joint Disorders and Craniofacial Pain, Temporomandibular Joint Center, Philadelphia College of Osteopathic Medicine, Stephen D. Smith, DMD, Director.
- Bermuda Conference on Pain, Sonesta Beach Hotel, Bermuda Acapulco Conference on Temporomandibular Joint Disorders and Craniofacial Pain, Princess Hotel, Acapulco, Mexico
- American Physical Therapy Meetings, Mexico and Bermuda
- 1986 Hawaii International Symposium on Craniofacial Pain and
- TMJ Disorders, Maui, Hawaii
- American Back Society Symposium on Back Pain, Orlando, Florida, Rene Cailliet, MD and Aubrey Swartz, MD, Directors
- Myofascial Release Lecture Series, Foundation for Physical Therapy Research
- Physical Medicine Research Foundation- Low Back Pain, A Changing Paradigm, Toronto, Ontario, Canada 1988
- 100<sup>th</sup> Year Anniversary of Physical Therapy in the Netherlands, 1989
- Southern Pain Society, New Orleans, Louisiana, November 1991
- International Federation of Orthopedic Manipulative Therapies, Vail, Colorado, June 1992
- Advances in Spinal Diagnosis and Treatment for the 21st Century, American Back Society, Las Vegas, Nevada, December 1999

## International Lectures

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- John F. Barnes' Myofascial Release Approach® Seminar Series
- Featured speaker for over 25 years for The American Back Society symposiums.
- The American Academy of Head, Facial and Neck Pain and TMJ Orthopedics, Baltimore, Maryland; Philadelphia, Pennsylvania; Houston, Texas
- Temporomandibular Joint Disorders and Craniofacial Pain,
- Temporomandibular Joint Center, Philadelphia College of Osteopathic Medicine, Stephen D. Smith, DMD, Director.
- Bermuda Conference on Pain, Sonesta Beach Hotel, Bermuda
- Acapulco Conference on Temporomandibular Joint Disorders and Craniofacial Pain, Princess Hotel, Acapulco, Mexico
- American Physical Therapy Meetings, Mexico and Bermuda
- 1986 Hawaii International Symposium on Craniofacial Pain and TMJ Disorders, Maui, Hawaii
- American Back Society Symposium on Back Pain, Orlando, Florida, Rene Cailliet, MD and Aubrey Swartz, MD, Directors
- Myofascial Release Lecture Series, Foundation for Physical Therapy Research
- Physical Medicine Research Foundation - Low Back Pain,
- A Changing Paradigm, Toronto, Ontario, Canada
- 100<sup>th</sup> Year Anniversary of Physical Therapy in the Netherlands
- Southern Pain Society, New Orleans, Louisiana
- International Federation of Orthopedic Manipulative Therapies, Vail, Colorado
- Advances in Spinal Diagnosis and Treatment for the 21st Century, American Back Society, Las Vegas, Nevada

## Affiliations

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- Member of the American College of Orthopedic Medicine since November, 1987
- Journal of Craniomandibular Practice, Physical Therapy and Rehabilitation section, Editor 1989-1993
- Counsel of Advisors, American Back Society
- Physical Medicine Research Foundation Board Member
- American Physical Therapy Association (Orthopedic and Private Practice Sections)
- Biofeedback Society of America
- Editorial Consultant for Massage Magazine

## Author

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Myofascial Release The Search for Excellence, Malvern, Pennsylvania, Published by RSI T/A MFR Treatment Centers and Seminars, copyright 1990

Diagnosis and Treatment of TMJ, Head, Neck and Asthmatic Symptoms in Children, The Journal of Craniomandibular Practice

Electronic Acupuncture and Cold Laser Therapy as an Adjunct Treatment to Pain, The Journal of Craniomandibular Practice, 1984

Physical Therapy Forum, Physical Therapy Forum, Therapeutic Insight column  
PT Today, Mind and Body column

Healing Ancient Wounds: The Renegade's Wisdom, Malvern, Pennsylvania, Published by RSI T/A MFR Treatment Centers and Seminars, copyright 2000

Healing Ancient Wounds: The Renegade's Wisdom, Malvern, Pennsylvania, Published by RSI T/A MFR Treatment Centers and Seminars, copyright 2010

Myofascial Release: Healing Ancient Wounds, The Renegade's Wisdom, Published by RSI T/A MFR Treatment Centers and Seminars, copyright 2016

Myofascial Release: Healing Ancient Wounds, The Renegade's Wisdom, Published by RSI T/A MFR Treatment Centers and Seminars, new epilogue 2017

The John F. Barnes Myofascial Release Approach® Part I. Three-Part series explores the history of Myofascial release, Myofascial unwinding and Myofascial rebounding. Massage Magazine December 2006

The John F. Barnes Myofascial Release Approach® Part II. Three-Part series explores the history of Myofascial release, Myofascial unwinding and Myofascial rebounding. Massage Magazine June 2007

The John F. Barnes Myofascial Release Approach® Part III. Three-Part series explores the history of Myofascial release, Myofascial unwinding and Myofascial rebounding. Massage Magazine October 2007

Myofascial Release: The Missing Link in Traditional Treatment

## Articles

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### Use Fascia as a Lever

by John F. Barnes, PT

*Massage Magazine, November 2017*

### Therapeutic Insight: The John F. Barnes Myofascial Release Perspective—the Development of Myofascial Release

by John F. Barnes, PT, LMT, NCTMB

Posted: 9/25/2014

### Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Temporomandibular Problems

by John F. Barnes, PT, LMT, NCTMB

Posted: 9/4/2014

### Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—The Velvet Wrecking Ball

by John F. Barnes, PT

Posted: 7/10/2014

### Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Enhance Your Effectiveness

by John F. Barnes, PT

Posted: 6/5/2014

### Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Fragmented Thinking

by John F. Barnes, PT

Posted: 1/7/2014

### Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Crushing Pressure

by John F. Barnes, PT

Posted: 12/10/2013

### Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Worried?

by John F. Barnes, PT

Posted: 11/5/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Therapeutic Artist

by John F. Barnes, PT

Posted: 10/8/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Do You Feel Empty?

by John F. Barnes, PT

Posted: 9/10/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Struggle

by John F. Barnes, PT

Posted: 8/6/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Heart Health

by John F. Barnes, PT

Posted: 6/3/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Rufus, the Cat

by John F. Barnes, PT

Posted: 5/7/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—The First 10 Seconds

by John F. Barnes, PT

Posted: 4/3/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Myofascial Release Approach Triangle

by John F. Barnes, PT

Posted: 2/5/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Traumatic Imprints Part 1

by John F. Barnes, PT

Posted: 1/8/2013

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Body Wisdom Part I

by John F. Barnes, PT

Posted: 11/5/2012

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—The Importance of Myofascial Release

by John F. Barnes, PT

Posted: 10/2/2012

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Mastectomy, Breast Reduction and Augmentation

by John F. Barnes, PT

Posted: 9/4/2012

Therapeutic Insight: The John F. Barnes' Myofascial Release Perspective—Move Out of the Dark Ages of Health Care

by John F. Barnes, PT

Posted: 8/7/2012

Therapeutic Insight: The Myofascial Release Perspective—Super Radiance

by John F. Barnes, PT

Posted: 7/3/2012

Therapeutic Insight: The Myofascial Release Perspective—Frantically Swimming Upstream

by John F. Barnes, PT

Posted: 1/3/2012

Inner Journey—A Personal Path to Myofascial Release

by John F. Barnes, PT

*Massage & Bodywork*

Posted: 7/2012-8/2012

Therapeutic Insight: The Myofascial Release Perspective—Waldo

by John F. Barnes, PT

Posted: 10/31/2011

Therapeutic Insight: The Myofascial Release Perspective—Snap Your Fingers!

by John F. Barnes, PT

Posted: 8/1/2011

Therapeutic Insight: The Myofascial Release Perspective—What is a Myofascial Therapist? – Part II

by John F. Barnes, PT

Posted: 7/5/2011

Therapeutic Insight: The Myofascial Release Perspective—What is a Myofascial Therapist? – Part I

by John F. Barnes, PT

Posted: 6/6/2011

Therapeutic Insight: The Myofascial Release Perspective—Rebounding the Myofascial System

by John F. Barnes, PT

Posted: 5/2/2011

Therapeutic Insight: The Myofascial Release Perspective—Sea of Information

by John F. Barnes, PT

Therapeutic Insight: The Myofascial Release Perspective—The Map is Not the Territory!

by John F. Barnes, PT

Posted: 2/28/2011

Therapeutic Insight: The Myofascial Release Perspective—50 Years Ago

by John F. Barnes, PT

Posted: 12/6/2010

Therapeutic Insight: The Myofascial Release Perspective—Depression

by John F. Barnes, PT

Posted: 1/31/2011

Therapeutic Insight: The Myofascial Release Perspective—You Are Not An Object

by John F. Barnes, PT

Posted: 1/3/2011

Therapeutic Insight: The Myofascial Release Perspective—Sympathetic and Parasympathetic Shock!

by John F. Barnes, PT

Posted: 8/5/2010

Therapeutic Insight: The Myofascial Release Perspective—Equine Myofascial Release

by John F. Barnes, PT

Therapeutic Insight: The Myofascial Release Perspective—Piezoelectric Transformation

by John F. Barnes, PT

Posted: 10/5/2010

Therapeutic Insight: The Myofascial Release Perspective—Myofascial / Osseous Release

by John F. Barnes, PT

Posted: 7/7/2010

Therapeutic Insight: The Myofascial Release Perspective—Breast Health

by John F. Barnes, PT

Posted: 5/3/2010

Therapeutic Insight: The Myofascial Release Perspective—‘The Maze’

by John F. Barnes, PT

Posted: 5/3/2010

Therapeutic Insight: The Myofascial Release Perspective—Frozen Moments in Time

by John F. Barnes, PT

Posted: 4/5/2010

Therapeutic Insight: The Myofascial Release Perspective—The Titanic is Going Down!

by John F. Barnes, PT

Posted: 3/2/2010

Therapeutic Insight: The Myofascial Release Perspective—Inner Light

by John F. Barnes, PT

Posted: 2/1/2010

Therapeutic Insight: The Myofascial Release Perspective—What Makes a New Year's Resolution Fail?

by John F. Barnes, PT

Posted: 1/4/2010

Therapeutic Insight: The Myofascial Release Perspective—Inner Wisdom

by John F. Barnes, PT

Posted: 12/1/2009

Therapeutic Insight: The Myofascial Release Perspective—Frequency, Urgency and / or Incontinence

by John F. Barnes, PT

Posted: 11/4/2009

Therapeutic Insight—Female Problems

by John F. Barnes, PT

Posted: 10/5/2009

Therapeutic Insight: The Myofascial Release Perspective—The Web of Life

by John F. Barnes, PT

Posted: 9/14/2009

Therapeutic Insight: The Myofascial Release Perspective—Fascia: A Liquid Crystalline Matrix

by John F. Barnes, PT

Posted: 8/5/2009

Therapeutic Insight: The Myofascial Release Perspective—What Do You Believe?

by John F. Barnes, PT

Posted: 7/1/2009

Therapeutic Insight: The Myofascial Release Perspective

by John F. Barnes, P.T., L.M.T., N.C.T.M.B.

*Massage Magazine*

Posted: 5/28/2009

Myofascial Release—The Fascial Pelvis

by John F. Barnes, PT

*Massage Magazine*

Posted: 10/2009

The John F. Barnes' Myofascial Release Approach® - Part 3

by John F. Barnes, PT

*Massage Magazine*

Posted: 10/2007

The John F. Barnes' Myofascial Release Approach® - Part 2

by John F. Barnes, PT

*Massage Magazine*

Posted: 6/2007

The John F. Barnes' Myofascial Release Approach® - Part 1

by John F. Barnes, PT

*Massage Magazine*

Posted: 12/2006

Scientific Rationale

by John F. Barnes

Posted: 10/2005

Cellular Consciousness and Healing

by John F. Barnes, PT

*PT Today - Mind & Body*

Posted: 2/5/1996

Performance Injuries - Fascia: The Body's Shock Absorber

by John F. Barnes, PT

*PT Today - Mind & Body*

Posted: 2/26/1996

Fibromyalgia

by John F. Barnes, PT

*PT Today - Mind & Body*

Posted: 3/4/1996

Myofascial Equine Therapy

by John F. Barnes, PT

*PT Today - Mind & Body*

Posted: 12/11/1995

Myofascial Release—The “Missing Link” in Your Treatment

by John F. Barnes, PT

*PT Today*

Posted: 1/16/1995

The Mind / Body Connection—Myofascial Release for the Whole Person

by John F. Barnes, PT

*PT Today*

Posted: 10/9/1995

Pediatric Myofascial Release

by John F. Barnes, PT

*Physical Therapy Forum - MFR Techniques*

Posted: 7/19/1991

Reshuffling the Deck Chairs

by John Barnes, PT

*PT/OT Today - Mind & Body, Vol. 5, No. 40*

Posted: 1/8/2010

Therapeutic Pain

by John F. Barnes, PT

*PT/OT Today - Mind & Body, Vol. 5, No. 40*

Posted: 4/15/1996

Whiplash

by John F. Barnes, P.T.

*PT/OT Today - Mind & Body, Vol. 5, No. 40*

Posted: 10/16/2013

Myofascial / Osseous Release

by John F. Barnes, PT

*PT/OT Today - Mind & Body, Vol. 5, No. 40*

Posted: 6/23/2010

Tunnel Vision

by John F. Barnes, PT

*PT/OT Today - Mind & Body, Vol. 6, No. 17*

Without Awareness. There Is No Choice!

by John F. Barnes, PT

*PT/OT Today - Mind & Body, Vol. 6, No. 14*

Flight / Fight / Freeze

by John F. Barnes, P.T.

*PT/OT Today - Mind & Body, Vol. 6, No. 8*

#### Publication Contributions

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- Architecture of Human Living Fascia by Jean-Claude Guimberteau, Colin Armstrong, First published 2015 by Handspring Publishing (United Kingdom), Reprinted 2016
- What's In Your Web?: Stories of Fascial Freedom by Phil Tavalacci MSPT, PT Publisher: Balboa Press, July 25, 2013
- Comprehensive Myofascial Self Treatment Book Your Path to Authentic Healing and Pain Relief By Joyce Karnis Patterson, PT, Copyright 2009; Second edition Copyright 2012; Third edition Copyright 2014, Joyce Patterson; Fourth edition Copyright 2016, Joyce Karnis.
- Complementary Therapies in Rehabilitation, Edited by Carol M. Davis, Pub Slack Inc., 1997-2008, 4<sup>th</sup> edition July 2016
- ‘Therapeutic Insight’ column for the national Massage Magazine for 6 years, bi-monthly. 2006-2012
- ‘Myofascial Release’ by Ruth Duncan; Human Kinetics, April 2014
- Easing Pain with Myofascial Release by Julia Elliott

*News-Line for Physical Therapists & PT Assistants*

Posted: 1/1/2003

- Myofascial Freedom  
by Brian J. Barnes, RMT & Mark F. Barnes, MPT  
*PT/OT/Speech Today - Perspective*  
Posted: 11/23/1998
- MFR in Pediatrics—One Therapist's Story  
by Diane Weis, PT  
*Physical Therapy Forum - Therapeutic Insight*  
Posted: 2/13/1989
- Myofascial Release—An Introduction for the Patient  
by Tim Juett, PT, and John F. Barnes, PT  
*Physical Therapy Forum - Therapeutic Insight*  
Posted: 10/3/1988
- Myofascial Treatment Proves Beneficial In Acute and Sports Medicine Settings  
by John Murphy  
*Advance journal*
  
- 'The Fibro Manual' by Ginevra Liptan, MD; Ballantine Books, division of Penguin Random House, LLC  
NY, published 2016

Products

- Fireside Chat, DVD An Interview with John F. Barnes PT on what events brought about the discovery of Myofascial Release and John's own healing process and how Myofascial Release can help you heal.
- Myofascial Release, DVD is designed to educate patients, therapists, referring physicians and insurance companies and is an ideal presentation tool for in-service education.
- Myofascial Freedom, DVD is designed to teach the therapist and their patients Myofascial Release Self-treatment techniques, Myofascial Unwinding techniques and a Home Exercise Program.
- Inner Awareness, CD's providing clear and concise instruction on developing necessary skills for breathing, relaxing, communicating and listening.

Interviews

- Interview with John F Barnes PT, <https://vimeo.com/216576703>, March 2017  
Magdalena Regdos, RMT
- Interview with Marisa Chadbourne, LMT, The Structure that Carries Consciousness, Energy Magazine, 2016
- Yoga for Myofascial Release: A Visionary's Guide to Healing from Within, <https://www.yogauonline.com/yoga-for-myofascial-release-visionarys-guide-healing-within-interview-john-f-barnes>, 2018  
Eva Norlyk Smith
- Interview with John F. Barnes, <https://www.youtube.com/watch?v=L3RhiVI2QF8>  
Ed Kaine, Functional Therapy Magazine, 2016
- There's The Rub, 2017  
by Cate Montana  
*What Doctors Don't Tell You - October 2017 (Vol. 28 Issue 7)*
- Addressing Fascia with Myofascial Release  
By Karrie Osborne  
Sept/Oct 2016 Issue of *Massage & Bodywork Magazine*,  
Published by Associated Bodywork & Massage Professionals
- Exclusive Interview: John Barnes - Part I, Founder of Myofascial Release  
by Robert Calvert  
*Massage, Issue Number 41*  
Posted: 1/1993-2/1993



- Exclusive Interview: John Barnes - Part II, Founder of Myofascial Release  
by Robert Calvert  
*Massage, Issue Number 42*  
Posted: 3/1993-4/1993

#### Personal Statement

The John F. Barnes' Myofascial Release Approach ® consists of the gentle application of sustained pressure into fascial restrictions within the body, which has allowed me to successfully treat thousands of patients over the past 52 years as a self-employed physical therapist and owner/operator of two Myofascial Release Treatment Centers, which currently employs 20 therapists and office staff between both treatment centers. Myofascial Release Seminars presents approximately 90 seminars per calendar year employing sub-contractors to teach my Approach. I have developed two treatment programs, Therapy for the Therapist and Comprehensive Intensive Treatment Program for patients to receive comprehensive delivery of the highest quality of care.

<https://myofascialrelease.com/>  
<https://myofascialrelease.com/resources/>  
<https://myofascialrelease.com/resources/therapeutic-insight.aspx>