Can I MELT if I Have a Chronic Pain Problem, Disorder or Disease?

MELT has helped thousands of people with a wide array of disorders and diseases - including Ehlers-Danlos and other connective tissue disorders, chronic fatigue, arthritis, fibromyalgia, lupus, and other inflammatory, systemic, and neurological disorders. MELT also prepares surgery candidates, and restores fascia afterward to reduce unnecessary adhesions, scarring, or strain. Over time, MELT heightens the body's ability to repair and heal itself, which can create remarkable, lasting changes.

How Do I Get Started?

You can find all of our self-care products and services at www.meltmethod.com. There you can also connect with one of our MELT instructors and experience live classes, events, and retreats worldwide, or get your questions answered by our customer service team at info@meltmethod.com. We're looking forward to helping you live a long, healthy, active life that's full of the activities you enjoy!

What is MELT On Demand?

MELT On Demand is the streaming video platform for the MELT Method and features classes and customized treatments for MELTers of all ages and levels. New MELTers will discover a streamlined process for learning how to MELT, one video tutorial at a time. Experienced MELTers will elevate their practice by choosing from a variety of custom treatments. Plus, with the MELT Method App, you can stream these videos on all of your devices!

Who Created MELT?



Sue Hitzmann, MS, CST, NMT, is a manual therapist, exercise physiologist, and founding member of the Fascia Research Society. She is an accredited industry leader and internationally recognized educator in the fitness and therapeutic industries.

In her New York Times bestselling book The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!, currently published in eight languages, Hitzmann has brought this easy self-treatment to more than a quarter of a million people around the world.

Her second book, MELT Performance: A Step-by-Step Program to Accelerate Your Fitness Goals, Improve Balance and Control, and Prevent Chronic Pain and Injuries for Life, focuses on re integrating joint stability and repatterning muscular timing to improve coordination, boost sports performance, and reduce the risk of repetitive stress injuries.

What started as homework for her private clients has become an international brand and educational training program. Sue has spent decades assimilating groundbreaking science and research into a one-of-a-kind self-treatment method to empower people to become their own Hands-Off Bodyworker®.

With products, books, streaming videos, and the MELT Method opp, as well as nearly a thousand MELT instructors in more than two dozen countries, this revolutionary method of self-care is right at your fingertips.

"As a kettlebell pioneer and mother of 5, having tools to help keep my body and my clients' bodies feeling amazing is essential. I love the MELT Method and use it with all of my training programs.

- Lauren

"MELT helped me manage my Elhers-Danlos symptoms and reduce the hypermobility in my joints, which has helped me return to dancing and athletic training.

- Marisa

"I thought my tennis & pickle ball days were over after suffering with chronic shoulder and low back pain until I found MELT. It's easy to implement into my training days and it's the best restorative therapy I've ever experienced.

- Paul

"MELT helped me prepare for the Winter Olympics and win gold for the USA. It's the best recovery program I can use anywhere.

- Jamie Anderson, 2017 Olympic Snowboarding Gold Medalist

MELT®

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Frequently Asked Questions

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What is MELT?

The MELT Method® (MELT®) is a revolutionary self-care system designed to help you improve performance, and eliminate the mental and physical stress that accumulates from daily living, before it causes persistent pain and dysfunctions.

Using soft rollers and balls, MELT blends mindful meditation and breathwork techniques to help boost the body's natural healing mechanisms with self-myofascial restorative techniques that simulate hands-on therapeutic practices to:

- calm the mind and ease pain symptoms
- improve heart rate variability
- target fascia's supportive qualities
- restore joint centralization and stability
- improve sensorimotor control

This preventative, proactive approach known as Hands-Off Bodywork® is a simple, daily self-care practice anyone, at any age or activity level, can use to effectively improve their sense of wellbeing and live a more active, healthy, pain-free life.

What is MELT Restore?

MELT Restore rejuvenates the supportive qualities of your connective tissue system, also known as fascia, by eliminating accumulated tension and stress that alters the resilience of this tissue, causing compensation, imbalances, and a decline in your overall performance and function.

Reconnect	Rebalance	Rehydrate	Release

Reconnect, Rebalance, Rehydrate, and Release is the step-by step protocol for MELT Restore. The techniques in the "4Rs" give you the ability to reconnect to your body's center of gravity, re balance the regulators of your nervous system, rehydrate your fascia, and release unnecessary compression in your neck and low back. In just minutes a day, you can feel your body restore balance.

What is MELT Performance?

A competitive advantage for anyone who trains hard to perform at optimal levels and an insurance policy for anyone who wants to sustain a pain-free, active lifestyle. The advanced NeuroStrength® techniques of MELT Performance take MELT Restore protocols up a notch by adding the next 2Rs of the method: Reintegrate and Repattern. These sensorimotor techniques address musculoskeletal imbalances and reduce compensatory patterns that alter joint stability and mobility. Adding MELT Performance to your fitness routine will improve your muscle timing, stability, agility, and control, and reduce your risk of repetitive stress injuries. Think of MELT Performance as prehab so you don't have to rehab!

Reintegrate	Repattern

What is Fascia?

Have you ever gotten up after sitting for a long period of time and felt so stiff and achy it was like you had just aged 20 years?

That's your fascia talking. It's a pre-pain signal, alerting you that your fascia needs some attention. Left unattended, this issue in your connective tissue accumulates and can cause a host of unwanted symptoms linked to low-grade inflammation.

Fascia is the three-dimensional biological fabric that surrounds, connects, and interpenetrates all organs, muscles, bones, and nerve fibers and gives every system in your body structural support. From joint alignment to immune and neurological health, fascia plays a crucial role in your body's longevity, function, and form and keeps you feeling youthful, vibrant, and mobile. Think of fascia like a sponge. When it's hydrated, it's pliable and absorbs fluids easily but when it's dry, it's stiff and inflexible. When fascia loses its supple qualities, "stuck stress" accumulates.

When stuck stress and inflammation accumulates, all other systems' efficiency is disrupted. MELT will help you break this cycle by actively restoring the supportive qualities of your fascia as you age, giving you more resilience and vitality.

Why Should I MELT?

If you currently have pain, the 4Rs of MELT can help ease pain symptoms and restore whole-body balance. If you are active, adding the 2Rs of NeuroStrength gives you a strategy for enhancing performance.

MELT reduces:

- aches & pains
- wrinkles
- cellulite
- tension and stress
- headaches
- risk of injury

MELT improves:

- flexibility
- alignment and posture
- results of exercise
- joint mobility
- sleep & digestion
- overall well-being

When & How Often Should I MELT?

If you suffer with chronic pain, it's best to MELT for 10 minutes a day up to one hour before bedtime to achieve a better night's sleep, a key factor helping your body repair itself. If you're active, MELT before strength training to improve your stability and prepare your body for activity. MELT after a strenuous cardiovascular workout or sports performance to erase joint compression and stiffness, assist in recovery, and restore muscle synergy.

Is MELT Like Yoga, Pilates®, Reflexology, or Physical Therapy?

It complements and enhances all types of exercise, including yoga and Pilates but it's not an exercise program. MELT also enhances the results of hands-on therapeutic interventions, including reflexology, massage, bodywork, physical therapy, and mental therapies as it simulates these types of intervention. Use MELT between therapy sessions and you'll prolong and support your treatments. Your therapist will thank you for helping them help you.

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I am a 70-year-old woman with rheumatoid arthritis. The first time I did MELT, I didn't have to take my evening pain medication. For the past two weeks, I didn't need my afternoon pain medication either! I've been telling all my friends how wonderful MELT is.

- Mary

"

I have fibromyalgia and most days I need two hours to warm up after I get out of bed. Not today! I just wanted to share with you how truly amazing I feel this morning! I have not felt this mobile in the morning in forever.

- Cindi

"

I had knee pain for several years. After the third time I did MELT, not only has my sleep improved but most importantly, I had no pain in one of my knees! I am just thrilled and amazed.

- Elizabeth