



Remedial/Deep Tissue Massage

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http://www.naturaltherapypages.com.au/massage/Deep_Tissue_Massage

http://www.naturaltherapypages.com.au/massage/Remedial_Massage

http://www.naturaltherapypages.com.au/massage/Trigger_Point_Therapy

Remedial Massage

When muscles and tendons become damaged or impaired, knotted and tense or immobile, Remedial Massage provides a healing treatment that can be gentle or strong, deep or shallow. Remedial massage holistically treats the whole body and traces the discomfort as far as possible back to the original cause, healing both the cause of the disorder as well as the symptoms.



Remedial Massage Technique

It uses several specialised techniques to locate and repair damage and to support and speed up the body's own repair mechanisms. The massage is applied directly to the skin using a lubricating medium, usually oil, which ensures that the muscles associated with the disorder and mobilisation of the joint are deeply penetrated. Passive stretching moves are also used.

Benefits of Remedial Massage

Key benefits of Remedial Massage include: the stimulation to the blood supply allowing toxins in the muscles to be removed; the calming of the peripheral nervous system to ease pain and discomfort; and the toning and relaxing of muscles to improve joint mobility. An improvement to the health of the cells, the repairing of tissues, and the easing of stiffness and tension can also be experienced through therapeutic relaxation.

Muscular and skeletal dysfunctions often addressed with Remedial Massage include Fibrositis, Spondylitis, Arthritis, frozen shoulder, muscular cramps, Whiplash, muscular atrophy, sports and dancing injuries.

Sessions usually take 30 minutes to an hour, depending on whether the practitioner will just address a specific area or give a whole body massage. As oil is used, it is necessary for the patient to be unclothed for the treatment.

Deep Tissue Massage

Deep Tissue Massage, as its name says, focuses on the deeper layers of muscle tissue. It is designed to reach the deep sections of thick muscles, specifically the individual muscle fibres.

Using deep muscle compression and friction along the grain of the muscle, the purpose of Deep Tissue Massage is to unstick the fibres of the muscles and release both toxins and deeply held tension points. Specific hand positions and strokes are used to respond to various tissues while breath and movement techniques are employed to release muscular congestion. It helps to loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. It is both corrective and therapeutic. It is beneficial for many physical problems, including sports injuries and chronic pain. Because it works very deeply, emotional issues can also be addressed, when these have been stored in the body.

Treatments take place on a massage table on bare skin. Deep Tissue Massage usually focuses on specific areas and may cause some soreness during or after the session. If the massage is done correctly however, you should feel better within a day or two. Water helps to eliminate toxins from the body so it is important to drink plenty of water after a Deep Tissue Massage to help this process along.



Remedial/Deep Tissue Massage

Trigger Point Therapy

Trigger points, also known as myofascial trigger points, are areas of hyperirritability in the soft tissue structure. These can be acute sources of pain or latent, unnoticed by the client until pressure is applied by the practitioner. Trigger points are manifested as small contraction knots in the muscles, that control the state of contraction and active ones may cause muscle spasm and referred pain.

Treatment consists of physical therapy, manipulation and stretching. A firm digital pressure is applied by the practitioner, who is able to locate the specific points causing pain and restricted movement and these may often be located in places different to where the client actually feels the pain.

Trigger Point Therapy is sometimes incorporated with Sports Massage and the client is usually unclothed for the treatment, which may not include the use of oil. Other factors such as nutrition, stress and chronic illness are also considered, as potential contributors towards the problem. Conditions that will benefit from this modality include:

- Sports Injuries Chronic
- Headaches
- Carpal Tunnel Syndrome
- TMJ
- Neck and Jaw Pain
- Stress and Fatigue

This therapy is also known as:

- Myofascial Therapy
- Trigger Point Release
- Myofascial Trigger Point Therapy
- Trigger point Myotherapy

