

Therapeutic Massage

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What is Therapeutic Massage?

This is a form of massage that has developed from and is used alongside Swedish Massage. It is, however, a more specific form of manipulation of the soft tissues, providing relief from painful conditions of the muscular/skeletal system. The basic philosophy of any massage is to aid the body's natural ability to heal itself. Massage can therefore form an important part of your health and fitness programme.

Therapeutic Massage utilises techniques such as deep tissue work, neuromuscular massage, trigger points, deep friction and manipulation of acupuncture points, all of which can release knots, reduce chronic tension and congestion, whilst reducing pressure on sensitive nerves.

Exercises to target particular areas may also be given to aid healing. Methods to enhance relaxation and improve the body's balance may also be used, such as visualisation and meditation techniques. Therapeutic Massage is therefore useful for both specific problem areas or for general well being, treating all levels – i.e. holistically. Nutritional advice may also be used.

Key effects of massage

- Reduced muscular tension
- Improved blood circulation, removal of waste products increased flow of oxygen and nutrition
- Better lymphatic flow, and removal of toxins
- Increased mobility and flexibility of joints
- Relief of acute and chronic pain, reduced swelling
- Reduction in stress levels
- Improvement in physical, emotional and mental levels of health and well being, leading to greater self awareness

Conditions that can benefit from treatment

- Non specific back pain – lower back ache, neck/shoulder tension, frozen shoulder, injury, whiplash, general muscular soreness, poor flexibility/mobility of shoulders/neck
- Injury from work related problems – repetitive strain injury, carpal tunnel syndrome, poor posture, reduced mobility and flexibility
- Sport injuries such as sprains, strains, cramps, swellings, torn muscles, tendonitis, tenosynovitis, ligament problems leading to reduced performance
- Medical conditions – headaches, migraine, fatigue, arthritis, sciatica, fibrositis, motor neurone disease, fibromyalgia, chronic fatigue syndrome, lupus, osteoporosis, spondylosis. As well as a degree of pain relief, toxin removal and muscular tension will also result

For information or to book a free consultation call 01283 516444