

# MASSAGE THERAPY



Massage is the practice of soft tissue manipulation. The word comes from the French *massage* "friction of kneading," from Arabic *massa* meaning "to touch, feel or handle" and from Latin *massa* meaning "mass, dough". Our skilled therapist offers massage techniques that perfectly complement chiropractic manipulation.

The benefits of massage include:

- Relaxation and stress management.
- Increased lymph drainage with reduction of edema and improved immune system function.
- Improved blood circulation.
- Reduction of muscle spasms and adhesions, with increased range of motion.

Various massage techniques are offered in our center.

**Deep Tissue / Neuromuscular or Trigger Point Therapy**- Deep pressure massage on the origins, insertions, & bellies of the muscles. It is used to relieve pain.

**Myofascial Release** - A deep tissue technique used to stretch and release adhesions between fascia (connective tissue), skin and muscles for pain relief and increased range of motion.

**Swedish** - This classic European style full body massage to release tension in the muscles and soft tissues, improve circulation and assist in total relaxation. Swedish massage has shown to be helpful in reducing pain and joint stiffness, and improving mobility.



**Hot Stone / Essential Oils Massage** - Deep tissue massage combined with oils & hot stones to create a relaxing therapeutic treatment or for deep muscle pain relief. Warm stones can also be used to stretch the fascia.

**Lymph Drainage** - A light touch massage designed to remove excess fluid. It helps the lymph vessels to dilate, directing lymph toward drainage areas & opening new channels in nearby healthy tissue, to reduce edema (swelling).

**Sports Massage** - Massage designed to release tension and increase flexibility in muscles used for a particular activity.