



El Aephau

Massage Therapy

MODALITIES

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Neuromuscular Massage/ Trigger Point Therapy

Pain in a muscle is sometimes due to spasm in a particular portion (not the entire muscle), which then reflects to other areas, leading to painful symptoms. The blood circulation to this affected muscle is decreased, causing lack of oxygen supply and overtime, buildup of lactic acid. This lactic acid deposition causes symptoms of muscle spasms and soreness. Neuromuscular massage therapy is aimed at alleviating muscle stress and healing pain by applying concentrated pressure on these area.

Myofascial trigger points on the otherhand are palpable, irritable muscle lesions usually within tight muscle bands that refer pain to other areas when pressure is applied. Treatment consists of identifying the trigger points through palpation, followed by manual compression to remove excess metabolic waste and cross fiber friction to unstick adjacent muscle fibers followed stretching to normalize shortended muscle fiber length.

You can experience a significant decrease in pain after just one treatment. Receiving neuromuscular massage with trigger point therapy on a regular basis can help naturally manage pain and stress from chronic injuries.



A trigger point is a tight area within muscle tissue that causes pain in other parts of the body. Neuromuscular Massage with Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release.

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