



# El Aephau

Massage Therapy

## MODALITIES

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### Acute and Chronic Injury Management/ Medical Massage

Medical Massage therapy is the application of advanced, appropriate massage therapy technique, with the goals of restoring structural balance and pain relief. Knowledgeable assessment and treatment is the key to soft tissue pain resolution. Medical massage therapy often encompasses a variety of massage methods, including but not limited to (1) Myofascial Release Therapy- to mobilize fascia and entrapped nerves; (2) Deep Tissue Massage to release tension in muscles; (3) Trigger Point Massage - to eliminate areas of increased electro-chemical activity that may be referring pain; (4) Cross Fiber Friction - to release adhesions within muscles and between muscle groups; (5) Post Isometric Relaxation - the most effective method of strengthening muscles to regain normal function and resting length; and (6) Neuromuscular Therapy - to identify areas of postural distortion and compensation.

There are however certain conditions that are not recommended for a particular massage, hence the importance of communication with your doctor. Once you have obtained permission, be sure to specify your preference for massage when scheduling your appointment.



*Medical Massage Therapy often encompasses a variety of massage methods, but the key to soft tissue pain resolution is knowledgeable assessment and treatment.*

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