

# REMEDIAL MASSAGE

## WHAT IS REMEDIAL MASSAGE?

Remedial massage is a deep massage performed to create the conditions for the body's return to normal health after injury. It is used to treat strains, sprains, broken bones, bruising, and injury where the skin is intact. Deep tissue massage removes blockages, damaged cells; scar tissue and adhesions left after injury, speeds up recovery and encourages more complete healing. Remedial massage is also used for conditions created by lifestyle for example Repetitive strain injury and Back pain. It is designed to increase the flow of blood and lymph, particularly in the injured areas. During treatment there is tenderness in areas that are being treated, it indicates which muscles and tendons are injured. The therapist uses the patient's feedback to pinpoint the damaged tissue and to regulate pressure. The results are usually immediate; certainly within 3 sessions a big improvement will be seen with a skilful practitioner. Most patients feel a difference after 1 session. A recent injury, perhaps within weeks, will react and recover more quickly than a long-term injury, some up to 40 years. However they will all see improvement. With many years' of knowledge and experience the practitioner gains a clear understanding of treating sports and traumatic injuries. They will work with patients while they increase their activity levels back to normal once again. It is remarkable in that patients find themselves spontaneously being able to do things they thought that they couldn't.

Remedial Massage has particular success with long-standing back and compound injuries that have resisted previous treatment attempts. Once a serious injury is properly healed, further treatment is only needed if another injury is sustained. Sportsmen and women attend regularly to ensure that unnoticeably small injuries are treated before they reduce performance and become debilitating. Recurrent injuries are injuries that have never been effectively treated. It is an unusual form of massage in that it does not set out to relax the patient; the intention is more to fix a mechanical problem. However all-round health improvement is seen: better sleep, increase in vitality and performance levels, as well as increased mobility.

Remedial massage is often used by athletes but is equally effective for non-sports people. For accidents such as falling down stairs or road traffic accidents, it is very effective. Many debilitating conditions that people associate with age can be traced back to an old injury and treated successfully with a return of free movement and strength.

What can it remedy? Remedial Massage can help relieve symptoms of many disorders including:

Tension Headaches	Constipation
Neck & shoulder tension	Sluggish circulation
Sore muscles & joints	Fluid retention
Emotional stress	Immune system

Some common conditions that can be successfully treated are:

Achilles Injuries	Hamstring Injuries
Tendinitis	Plantar Fasciitis
Shin Splints	Scar tissue
Groin Strain	Adhesions
Cartilage damage	Whiplash
Tennis Elbow	Carpal Tunnel Syndrome
Frozen Shoulder	Repetitive Strain Injury