

## **Integrated Myofascial Release Massage**

Myofascial Release Therapy is effective in the treatment of both physical and emotional pain and discomfort including back pain, sporting injuries, fibromyalgia, chronic myofascial pain syndrome and trigger point formation, repetitive strain injury, headaches, jaw, neck and shoulder issues.

## **Deep Connective Tissue Massage**

Deep connective tissue massage is a form of intense massage that aims to release myofascial (connective tissue) restrictions in the body, and to break up any restrictive scar tissue. It has also been known to help relieve chronic tension, to increase the body's range of motion, to improve posture and to enhance the natural harmony of the entire body and mind.

Deep connective tissue massage is also said to restore the length and flexibility to the fascia (the fibrous tissue that surrounds the muscles and organs), by normalizing the tissue and by improving the strength and overall health of the entire fascial system (connective tissues throughout the entire body).

Deep connective tissue massage borrows many of its techniques from traditional Swedish massage. However the pressure that a massage therapist applies during a deep connective tissue massage is more intense, and massage oil or lotion isn't typically used.

The strokes of this type of massage are slower and more pressure is applied in order warm the muscle tissue and reaches the deeper layers of muscle. Although having a deep connective tissue massage shouldn't cause you any pain, its often less relaxing and less comfortable than a traditional Swedish massage. Most practitioners ask that their clients tell them immediately if the stroke pressure is too intense.

During a session, the massage therapist will focus on releasing tension from the deeper tissue structures of the muscle and fascia (or connective tissues) with deep, intense strokes. When a therapist locates a chronic knot (also referred to as an adhesion), they will often recommend that a client adapt a total lifestyle change - which may include exercises to help improve posture, balance, movement, and relaxation. These steps are complementary to your weekly deep connective tissue massage sessions.

## **Deep Muscle Therapy**

Deep muscle therapy is performed by a qualified deep muscle massage therapist in order to help release myofascial restrictions within the body. The theory behind this type of massage is that when chronic knots (also referred to as adhesions) exist within the deep muscle tissues, the body's natural balance is thrown out of whack.

Until the natural balance is restored, injured fibrous tissues can cause chronic joint and muscle pain, poor posture and coordination, as well as a plethora of other health ailments.

Deep muscle therapy aims to relieve the chronic tension throughout the muscles and fibrous tissues within the body. It's known to greatly increase flexibility and range of motion, and it's also known to greatly improve posture and restore the body's natural harmony.

When a practitioner performs deep muscle therapy on a client they aim to encourage the lymphatic and circulatory systems. This promotes the release of hazardous toxins in the body, and it also encourages the body to repair any damaged cells. Deep muscle therapy has been known to help heal minor muscle strains and connective tissue injuries, in addition to helping soothe more serious muscle conditions - such as Multiple Sclerosis, Parkinson's disease and even to lessen the symptoms associated with Muscular Dystrophy.

Although the techniques used by deep muscle therapy practitioners are very similar to Swedish massage, the strokes are applied with more pressure in order to stimulate the deeper muscles and surrounding tissues. A therapy such as deep tissue therapy depends largely on client-therapist trust. This is because deep tissue therapy is often uncomfortable, compared to a traditional relaxation style of massage (such as Swedish massage), and the therapist will only massage as deeply as the client is comfortable with. This means that the client must keep their massage therapist informed of their pain tolerance at all times during the session.

A deep muscle therapy session can range from 20-minutes to 1-hour. During the session the client will lay face up on the massage table. The therapist will typically not apply any massage oils or lotions to the area being deeply massaged, as they want to access the deep muscle tissues deep below the skin's surface.

## Deep Tissue Structural Integration

Deep tissue structural integration is a [massage technique](#) that works with the long-term patterns of resistance in the connective tissues and muscles of the body. These natural limitations of the body are at many times the causes of numerous physical and non-physical pains.

The technique uses a combination of deep tissue massage (also called Myofascial Release <http://www.myofascialrelease.co.uk/>) and structural integration therapy.

Deep tissue bodywork helps to strengthen, relax, and release the natural restrictions of the different connective tissues of the body. The focus is not on immediate pleasure, but on the long-term goal of altering the muscles' structures and limitations. This doesn't mean however that the treatment is not relaxing, because many patients find great pleasure in the therapy. Furthermore they gain relief from pain and other long-lasting benefits, such as the ability to move tension-free.

Structural integration is a treatment through which the patient is re-educated about their body through a series of exercises involving touch and movement. It promotes the release of stress and targets troubled functioning. Its main purpose is to promote a healthy relationship between the body and gravity. The ultimate goal of structural integration is to

produce a body that is light and fluid, balanced, free of stress and pain, and at ease with itself and gravity.

Deep tissue structural integration usually consists of a series of eight to ten sessions. Each session is unique, but builds on the preceding sessions. Shorter series are possible but the patient will benefit the most from the longer series of treatment. This gives the therapist more time to figure out each patient's individual needs.

A normal session lasts approximately one and a half hours in length. Throughout the session the patient is placed in a number of different positions, not just left in the standard position of lying on the stomach. Patients will move from their back to their front, to their sides and sometimes will be placed in a seated position. This allows for the body to be worked from a number of angles. The therapist uses his hands, arms and elbows to work the connective and muscle tissue. The clients are also active during the treatment, as they are asked about their movement patterns, and also need to breathe into the areas being worked or to move the joints.

The patient does not have to fully undress for the therapy, but both men and women are asked to wear thong-style underwear to allow for the most freedom of movement. Women are also asked to wear a bikini style bathing suit top. The therapist does a lot of postural assessment throughout the treatment so the patient will be asked to do various different movements during the session. Some therapists allow you to try three sessions first, and if you feel that you will benefit from the treatment you can attend the remaining sessions.

The deep tissue structural integration therapist tailors each session specifically for the individual needs of each client. Usually he will focus on the particular area of the body, which needs the most tension reduction and relief. Some common areas needing attention are the back, shoulders, and neck, but the therapist will attend to any other problem areas of each individual patient. The treatment helps to relieve stress and pain but to also help improve the performance of daily activities. Other benefits of deep tissue structural integration include improved appearance and alignment of the body, enhanced physical performance, improved mental functioning and increased physiological efficiency.