



Therapeutic Touch of Health, LLC

Types of Massage Available

ORTHOPEDIC MASSAGE

Orthopedic Massage involves therapeutic assessment, manipulation and movement of locomotor soft tissues to reduce or eliminate pain and dysfunction. A unique multidisciplinary approach is utilized to restore structural balance throughout the body which will allow you to focus on the prevention and rehabilitation of musculoskeletal dysfunctions, chronic pain and sports injuries. The primary modalities taught include functional assessment, myofascial release, cross fiber gliding strokes, neuromuscular therapy, scar tissue mobilization techniques, p.n.f. stretching, neuromuscular re-education, strengthening, and specific client home care protocols. The combination of these techniques will allow you to obtain immediate and permanent results in even the most challenging and complicated clients.

DEEP TISSUE MASSAGE

Deep Tissue Massage is great if you have really tight and tense muscles that need firm pressure. This massage technique requires a considerable amount of pressure, which allows the therapist to go below superficial connective tissue. The purpose of this massage type is to break up old structural patterns and allow the free flow of nutrients and oxygen in the blood. Deep tissue may cause some discomfort but is exceptionally effective. Athletes, individuals with chronic joint or muscle injuries, individuals that perform repetitive work that causes considerable strain on muscles and joints, as well as individuals who suffer from stress may all benefit from deep tissue massage.

SHIATSU MASSAGE

Shiatsu massage treats common physical complaints by pressing pressure points. Most people enjoy shiatsu massage as much as they enjoy deep tissue massage, but expect some differences. Shiatsu will involve deep breathing, rotating and stretching your joints, as well as manipulating pressure points. When these points are pressed, people describe the sensation as feeling tender, tickling, intense, or slightly uncomfortable, unlike anything else. After the massage, you may feel strange, but not sore as in a muscular tissue massage. Many believe Shiatsu is both preventative and healing, so getting it done on a regular basis, along with stretching, exercise, and a healthy diet, may improve your health.

GERIATRIC MASSAGE

Geriatric massage uses the same basic massage techniques as general massage but is tailored to the specific health conditions and needs of the elderly population. This type of massage uses gentle and light massage techniques that can help enhance blood circulation, combat depression, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture, and encourage overall well-being.

PREGNANCY MASSAGE

Massage during pregnancy helps support the body through a time of change. The massage given is appropriate to the stage of pregnancy and can help with conditions such as fluid retention and muscular aches and pains. During pregnancy the female body displays a wonderful capacity to adapt to the growth of the baby. It is an amazing process and hardly surprising that some parts of the body will suffer dysfunction. Added weight and physical imbalances in their bodies can cause considerable soft tissue pain, especially in the lower back, hips and legs. With these changes and extra tension in the muscular system, having massages can be the difference between having a miserable pregnancy and a great life experience.

CHAIR MASSAGE

This massage technique involves the use of a specially designed massage chair in which the client sits comfortably. Seated massage includes bodywork and somatic techniques, such as shiatsu and Swedish massage, and is provided to the fully clothed client in a variety of settings. We use ergonomically designed chairs that have ample space between the chest pad and seat to allow for a relaxing massage on the scalp, neck, shoulders, back, arms, as well as the lower back, top of the gluteus muscles and even the quadriceps.

LOMI LOMI MASSAGE

In this unique flowing style bodywork the practitioner uses long, fluid rhythmic strokes over the whole body with the hands, fingers, forearms and elbows. The practitioner moves around the table in a dance like movement applying soft and deep tissue massage. The rhythm is very relaxing. The strokes sometimes go all the way from the neck down to the foot. It works gently but deeply into the muscles with continuous, flowing strokes, totally nurturing the body and, enabling the recipient to relax, give in and simply be.

For questions about any of the massage types listed above or to talk with a Massage Therapist about which type massage best meets your needs contact us today!

Therapeutic Touch of Health, LLC
Phone: 808-22-5898