

Remedial Massage Techniques and Therapists

Massage therapists feel that everything within the body is connected and related and when one part is injured it'll in turn affect the entire body. An individual with a hurt knee may then favour one other leg that may dispose off the muscles in the hip and back resulting in back ache. The tightening of these muscles may then cause an imbalance affecting the neck muscles which might then cause a head ache.

And so the client may can be found in complaining of persistent headaches where in fact the primary reason behind this problem is a leg injury. A remedial massage therapist is trained to not only diagnose what is causing the issue but also in treating it with massage.

Clients that visit a remedial massage therapist will have a consultation together before any treatment occurs to learn what is causing the issue or injury. This consultation will take a variety of forms, usually questions and also a series of tests to see how much range of movement the client may have using muscles groups. For instance if the client is complaining of headaches, the remedial massage therapist may obtain the client to turn their head, to see how far their muscles will let the head turn to see if you have muscle tightness in the neck region that will be inducing the problem.

The therapist will also observe the client's posture. In the example above, the therapist might spot the client favouring one leg whilst walking and then find out that there has been a knee injury that really needs to be fixed. Remedial therapists also use palpitation of the muscles which can be generally just feeling the various muscle groups to feel if they are tight or shortened.

Muscle tissue functions by contraction. If muscles tissues are very shortened it cannot work correctly then sometimes it cannot contract further and is not able to do the task of the muscle. This can occur from repetitive use of the muscle or it could occur from inaction, for instance is an arm is in a sling for a long period of time.

A remedial massage therapist will likely then use many different techniques to soften, stretch and manipulate the muscle such that it will start to act as it will again. These techniques include trigger point therapy. Trigger points are small, highly contracted areas of the muscle and the remedial therapist will manipulate these regions to produce them.

Trigger points tend to be a sizable supply of pain, and releasing them could cause relief from tension and hurt. Sometimes trigger points cause referred pain. So a trigger point maybe located in the shoulder but the pain maybe referred by the muscle to another region in the back. Remedial massage therapists are trained to diagnose referred pain and also treat the underlying cause.

About the Author

Remedial [Relaxation massage Mandurah](#) also works on the wide variety of other techniques like deep tissue friction that warms and releases the muscles, relaxation massage strokes that soothe the muscles after the deep tissue work, and also stretching. The therapist may have the client to do follow up exercises and stretches at home to continue the work. Remedial therapists are qualified to cope with issues such as for instance arthritis, tennis elbow, frozen shoulder, muscular injuries from sport, neck and back pain, headaches and whiplash.

Source: <http://www.secrets-de-comment.com> | [Formation Marketing](#) | [NetConcept, droits de revente](#)