

MASSAGE THERAPY

These therapeutic massage techniques are an ideal complement to the manual therapy techniques already offered at the clinic:

- Myofascial Therapy
- Therapeutic Swedish massage
- Manual Lymphatic Drainage

Massage therapy has numerous benefits. In addition to releasing muscular tension and increasing respiratory function, these approaches also improve the circulation of blood and lymph. The important feeling of well-being is also a by product of massage therapy sessions.

Myofascial Therapy has an important place in the techniques used by our massage therapists. It is a deep therapeutic technique that treats the body's myofascial system. Fascia is the membrane, or envelope, around the muscle tissue. This membrane is always affected when there has been injury and surgery. The fascia becomes less elastic and malleable. This in turn creates stiffness and decreases range of motion. Myofascial Therapy directly treats the myofascia thus liberating this tissue, returning the possibility to move with greater ease and increasing end range movement.

Whether for pain and tension caused by acute and chronic injuries or for stress/migraine-like headaches, there is a place for massage therapy in your life. It is an important part in the synergistic team work found at Physiotherapy Maheu-Killens.

(By appointment only. Receipts for insurance)