

Therapeutic Massage

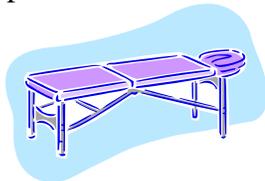


The Benefits of Massage

- Elicits a relaxation response
- Can improve blood circulation
- Has a positive affect on the immune system
- Assists metabolic balance in muscle tissue
- Promotes muscles relaxation
- Maintain connective tissue pliability and mobility
- Increases joint mobility and flexibility
- Can reduce pain

How Can Massage Treat Your Injury?

Whether you have an acute muscle injury or a chronic, aching injury, massage can help. Your massage therapist will use various techniques to stop muscle spasms, stretch and realign muscles fibers and fascia, break up scar tissue, release trigger points, and remove waste and debris from injured muscles. This will allow new blood to circulate: bringing fresh oxygen to cells and tissue. This will aid in the healing of the damaged muscle while relieving pain and discomfort.



Types of Massage

- **Swedish Massage-** a general relaxation massage, using gentle, rhythmic type massage strokes. It can be used to warm the tissue before deeper tissue work is performed.
- **Deep Tissue Massage-** works on a specific area usually to relieve pain and tension. In this form of massage, generally more pressure is applied.
- **Sports Massage** - can be used before or after a game. It is usually a combination of compression and passive stretches. Sports massage helps decrease muscle soreness and discomfort.

Treatments

The frequency and length of treatment is individualized to your needs. It will depend upon how long you have had the injury, the severity of the injury, and how well your body responds to treatment. Initially, your massage therapist may need to see you once a week for a few weeks to reduce pain levels and start your recovery. After that, you may need bi-monthly massages until you reach a maintenance level or care.

For more information about how massage will benefit you or to schedule your massage, please speak with our massage therapist, Melissa or call 223-0230. Melissa is a licensed massage therapist who graduated from Bancroft School of Massage.

Alpha Physical Therapy, Inc
1681 Cranston Street
Cranston, RI 02920
(401) 223-0230