

REMEDIAL MASSAGE

Remedial Massage has formed an integral part of traditional medicine for 4000 years. In the early 19th century Professor P H Ling, a Swedish physician, developed "Swedish Massage" as a remedial approach that rapidly spread throughout Europe, being actively prescribed in First World War hospitals to treat joint, bone and muscle injury, nerve damage and shell-shock. Remedial Massage declined with the use of electrical apparatus by physiotherapists, but in the last twenty-five years it has become recognised as a method that can often offer far more than electrical therapy.

Remedial Massage improves blood and lymph circulation, removing toxins from muscle fibres and other soft tissues, thereby enhancing the immune system. As muscles relax, emotional and physical tensions subside, helping to reduce high blood pressure, breathing difficulties, digestive disorders and tension headaches. Muscle tone is improved and circulation is enhanced, helping to reduce joint pain and stiffness. Remedial Massage is particularly effective in the treatment of many sports injuries. The painful inflammation that is associated with arthritis is also reduced, bringing greater mobility and less discomfort to arthritic conditions. Remedial Massage is effective in reducing the muscle spasms associated with low back, spinal, neck and shoulder pain, speeding recovery and rehabilitation. Its relaxing effects, brought on by release of tension, improve many other conditions, such as sinusitis, painful periods, insomnia, bronchitis, asthma and aching feet. Regular massage will help boost the immune system and thereby enhances general well being.

At the initial session the practitioners will take a through medical case history. This will help provide a diagnosis upon which to work so that the method of treatment can be tailored to the patient's needs. It will also determine whether the patient should be referred elsewhere if massage is not appropriate for the condition.

The patient is offered a gown to wear and changes in an adjoining cubicle if appropriate. Treatment can involve many different forms of remedial massage, usually with massage oil to reduce the friction effects, although some techniques, such as cross friction, aim to enhance heat generation. After applying specific remedial techniques to tackle your individual problem, most sessions end with "effleurages" to cleanse and fully relax the newly detoxified soft tissues and improve your sense of well being.

AVAILABILITY

Remedial Massage is available at the Emery House and Wingfield Clinics. Phone for the days and times of the practitioner.

PRACTITIONERS

Linda Unsworth, MHFST, practising at Wingfield Chiropractic Clinic
Rupert Crockett, MHFST, RCST, practising at Emery House Clinic