

Descriptions of Massage Therapies

Massage

- **rubbing of body: a treatment that involves rubbing or kneading the muscles, either for medical or therapeutic purposes or simply as an aid to relaxation**
- **rub somebody's muscles: to rub or knead somebody's muscles**

(Encarta)

Swedish Massage

Invented in 19th Sweden, Swedish Massage was designed as a system of therapeutic massage and exercise for the muscles and joints. Parts of the body are kneaded and rubbed, with a variety of massage techniques to increase the body's blood circulation and promote relaxation.

Remedial Massage

Remedial massage is based on the fact that soft tissue (muscles, tendons, ligaments and fascia) respond to touch. Most pain is myofascial (soft tissue) in origin. Trigger points (sensitive points in muscles, which radiate or refer pain to various parts of the body) can mimic many conditions. Muscles not only *move* our joints, they *stabilise* them, and they provide armour for the internal organs, minor problems with these functions cause more pain than most people realise. Most headaches originate in the muscles of the neck and head. Much of the pain of such conditions as angina comes from the hypercontraction of the chest muscles. Much abdominal and pelvic pain can be caused by trigger points in the abdominal and pelvic muscles. Low back pain and sciatic pain are far more likely to originate in muscles than in vertebral disc problems.

Sports Massage

Sports Massage is the fastest growing massage technique. Sports massage is a system of movements including stretching, gliding, compressions. Sports massage's main focuses on the manipulation and rehabilitation of the soft tissues and blood circulation and flow. Sports massage is primarily used for sports training, injury prevention and rehabilitation -- it allows athletes to train more efficiently. It is also effective on injuries not incurred through sports.

Infant Massage

Infant massage is often used to help premature infants grow and gain weight. Infant massage is prescribed to remedy colic, induce sleep, promote relaxation and improve neurological development. Infant massage is typically taught to parents to assist in bonding with their new born baby.

Indian Head Massage

This simple yet effective therapy uses a variety of techniques to manipulate soft tissue. A range of different massage techniques, rhythm and pressure are used to stimulate the head, neck, shoulders and upper back. It is performed with the client in a seated position, usually through light clothing and often without the use of oils. A typical massage will last between 15 and 20 minutes.