



# High Springs Family Chiropractic and Physical Medicine

Taking care of the whole you! • 386.454.3941



## **Massage Therapy**

### **Acupressure**

Acupressure is a form of bodywork based in traditional Chinese meridian theory in which acupuncture points are pressed to stimulate the flow of energy or chi.

### **Craniosacral**

Cranio refers to the cranium, which is the bony part of the head. Sacral refers to the bony bottom of the spine called the sacrum.

### **Deep Tissue Massage**

Deep tissue massage is also called deep muscle therapy or deep tissue therapy. It is an umbrella term for bodywork systems that work deeply into the muscles and connective tissue to release chronic aches and pains

### **Stone Therapy**

Stone therapy, also known as hot and cold stone therapy, is a type of massage that uses smooth heated and cooled stones to relieve stiffness and soreness, and to restore energy to aching muscles and joints.

### **Manual Lymph Drainage**

Manual lymph drainage is a gentle method of promoting movement of lymph into and through the lymphatic vessels. It reduces edema, a condition in which the tissues of the body contain an excessive amount of fluid

### **Myofascial Release**

Myo means muscle and fascia is the elastic connective tissue wrapped around muscles and other parts of the body. During myofascial release restrictions (stuck areas) are located and gentle sliding pressure is applied in the direction of the restriction to stretch the tissues. The stretching of tissues and the heat imparted by the practitioner's hands are thought to help produce a softer consistency of fascial tissues.

### **Neuromuscular Therapy**

A systematic approach to myofascial treatment that attempts to interrupt the neuromuscular feedback that maintains pain or dysfunction.

### **Pregnancy Massage**

Pregnancy massage is the massage of pregnant women (prenatal) and women after giving birth (postpartum). It addresses the special needs of pregnant women such as discomforts in the low back, feet and legs.

### **Sports Massage**

Sports massage is applied to athletes to help them train and perform free of pain and injuries. Massage therapists blend classic Swedish strokes with such methods as compression, pressure-point therapy, cross-fiber friction, joint mobilization, hydrotherapy and cryotherapy (ice massage) to meet the special needs of high-level performers and fitness enthusiasts.

### **Swedish Massage**

Swedish massage is also known as the Western or classic style of massage. It is credited to the Swedish fencing master and gymnastics instructor, Per Henrik Ling. It is a scientific system of manipulations on the muscles and connective tissues of the body for the purpose of relaxation, rehabilitation or health maintenance. Swedish massage therapy is comprised of five basic strokes and their variations: effleurage, petrissage, friction, tapotement (or percussion) and vibration.