



## Neuromuscular Therapy

Uses advanced concepts in pressure therapy to **break** the "stress-tension-pain cycle". It aims to relax muscle so that circulation can increase and the body will return to normal neuromuscular integrity and balance.

Trigger point and Myotherapy (NMT), are pain-relief techniques to alleviate muscle spasms and cramping. The therapist locates and **deactivates** `trigger points', which are often tender areas where muscles have been damaged or acquired a reoccurring spasm or `kink' that worsens painfully when aggravated. **The major goals are** to reduce spasm inducing new blood flow into the affected area. The spasms are partly maintained by nervous system feedback (pain-spasm-pain) cycle. Spasms also physically reduce blood flow to the trigger point area (ischemia), reducing oxygen supplied to the tissues and increasing the spasm.

Pressure is applied to trigger points, for a short time (between about 7 to 10 seconds per point), which can be momentarily painful but is greatly relieving. It is common to hit the same trigger points several times during a session, but you won't be leaning into a sore spot for several minutes. Often ice or another cooling agent is used to reduce nervous system response, making the area easier and more comfortable to work. Then the muscles are gently stretched to complete the relaxation process, hence the name spray and stretch. Myotherapy aims to erase pain and soothe tightened muscles. **People with acute or chronic muscle tension** and the associated pain are likely to benefit greatly from this type of treatment.

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