

The following is a partial list of conditions that can be addressed with Orthopedic Massage:

- Chronic/acute stiff neck
- Headaches
- Fibromyalgia
- General stress & tension
- Low back pain
- Exaggerated kyphosis
- Joint mobilization
- Carpal tunnel syndrome
- Asthma and chronic shallow breathing
- Frozen shoulder
- Frozen hip
- Plantar Fasciitis
- Pinched Nerves
- Rotator cuff injuries
- Whiplash
- Shinsplints
- Regaining range & ease of motion after orthopedic surgery
- Pronator Teres Syndrome
- Brachial Plexus Syndrome
- Thoracic Outlet Syndrome

Deb Schultz

Deb Schultz is a Licensed, Certified Massage Therapist who graduated from Salter College in West Boylston, MA in 2006. In her love of therapeutic work, Deb is studying orthopedic massage with James Waslaski in addition to having attended training in Myofascial Release. Orthopedic massage can help people with chronic and challenging pain issues and injuries. Deb is getting good results and prefers to send her clients home with individualized self care stretches and strengthening techniques and always encourages clients (when appropriate) to engage in Yoga. More advanced-level therapeutic classes are on the horizon for the upcoming year. Other treatments include Swedish massage and Hot Stone treatments for relaxation; in the next year, she looks forward to adding body wrap treatments for her sessions

Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

Orthopedic Massage



A Yoga Studio &
Day Spa Committed To
Providing Services That
Are ...

all about you!

23 Village Inn Road
Westminster, MA 01473
At Exit 27 - Off Route 2

978-874-6200

www.ALLaboutYOUolutions.com

Orthopedic Massage is a medical massage discipline; it takes a different approach to treatment of chronic pain as it uses **whatever massage modality (or type) is needed** to bring about the wellness of the client. It is meant to reduce or eliminate pain and dysfunction, and it is performed with the intent of improving medical conditions diagnosed by a physician. There is a twelve-step approach utilizing assessment, treatment, and rehabilitation. It focuses on prevention and rehabilitation of the dysfunctions that cause *chronic pain*. Specific muscle testing is done to assess the client's range of motion for muscle groups.

Myofascial release is one of the important steps used.

Myofascial Release means release of body wide muscles, with special attention to releasing the fascia (or skin) surrounding it. Both muscles and fascia contracts, but fascial tissue will remain contracted for long amounts of time in many cases. That is why interventions like Myofascial Release can help people recover from trauma long after the person has suffered from it. It is deep tissue massage combined with a lot of stretching techniques. Luckily, the structure of this tissue makes it possible to make therapeutic changes to the body after trauma has happened, sometimes years later. Physical and emotional trauma, aging, sickness, accidents, bad postural habits cause tissue to become shortened and very rigid. At this point

the fascia becomes an adhesive in the body. The deep therapeutic application of Myofascial Release Massage will help to return this tissue to a healthier state.

Every muscle group will be released including the chest, diaphragm and ribs for optimal breathing, with an abdominal release. Legs, arms, feet, back, neck, hips and glutes will be addressed as needed. By working all the tissue which constricts movement, it will allow the muscles and tissue within the areas of pain "space and freedom" to release and relax. Think of someone with kyphosis (or hunchback), with curvation of the spine. The front of the body would be worked first to allow the back of the body some space to relax, and then the back of the body would be addressed.

More time will be spent on the areas for each client's specific needs, as the therapist and client will discuss these needs in detail. Sometimes there may be a need for continuing treatment. As always in massage, if there is a contraindication for deep treatment, this will be discussed.

Trigger point therapy and **multidirectional friction** will also be used for the painful areas. At this point if pain free movement is attained, then **scar tissue realignment steps** and **stretching** will be performed. Cervical tractioning and spinal decompression techniques are often used.

Clients will be encouraged to do specific **daily home care stretches**. Strengthening techniques are used to allow structural integration around the joints of the *weaker* muscles.

90 minute session.....\$110
120 minute session.....\$130

Add-on Stretches and Strengthening Technique Training

These specific techniques are taught one-on-one to clients who wish to maintain a healthier quality of life in between massage treatments.

ONLY 5-20 MINUTES PER DAY IS NEEDED TO DO BOTH STRETCHING AND STRENGTHENING TECHNIQUES FOR MANY CONDITIONS.

Without proper self-care, our day-to-day postural habits and repetitive movements can result in continuous cycles of pain. In certain cases, medical issues may necessitate a doctor's authorization to initiate an exercise program.

Toning bands, resistance tubing, ropes, towels and exercise balls will be used.

Add-on to massage - 15 minutes.....\$15