



Introduction to Massage Therapy & Orthotherapy

Massage Therapy

Massage is one of the oldest and simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin, it also works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone. Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscle and possibly even the organs themselves. Massage also stimulates blood circulation and assists the lymphatic system, improving the elimination of waste throughout the body.

Benefits include: relaxation, ease of tension, improved breathing, improved circulation and an enhanced feeling of well-being.

Orthotherapy

The word "Orthotherapy" comes from "Therapy"--meaning to restore, and "Ortho"--meaning wholeness. Orthotherapy is a complementary and holistic form of health care that works to restore a balance in the body. Orthotherapy is designed to work on musculo-skeletal conditions. If there is an imbalance in one's muscles or joints, evidenced by muscular tension, joint stiffness and pain, then Orthotherapy is definitely an option. Any consultation is aimed at empowering individuals to take charge of their health rather than remaining dependent on health care providers for assistance. Orthotherapy can be divided into 3 main areas:

- Muscle Relaxation (massage),
- stretching, and
- joint mobilization

A basic premise of orthotherapy is that massage alone is insufficient to fully relax the muscles and ease the joints.