



Massage Therapy Techniques

Positional Release Therapy

Positional release therapy is a gentle hands-on approach used to relieve pain and tension in muscles and joints. It involves finding a comfortable position for the affected area, then gently holding it in that position for a short period of time.

Targeted Relief

Effective for reducing pain intensity and pressure pain threshold in upper trapezius (muscle in the upper back and neck area) myofascial trigger points



Headache Relief

Proven as effective as medication for tension-type headaches



Neck Pain Management While slightly less effective than manual trigger point release, it still offers benefits for neck pain and range of motion



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Proprioceptive Neuromuscular Facilitation

Proprioceptive Neuromuscular Facilitation (PNF) is a type of stretching technique used to improve flexibility and range of motion in muscles. It involves stretching a muscle, then contracting it against resistance, and finally relaxing and stretching it again.



Back Pain Relief

Provides moderate pain reduction for low back pain sufferers, along with enhancing lumbar range of motion.



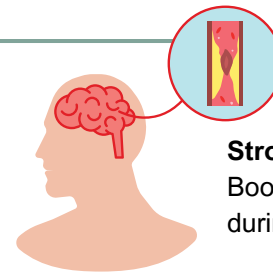
Parkinson's Support

As effective or more effective than other treatments in improving gait speed for individuals with Parkinson's disease.



Adhesive Capsulitis Management

More effective than conventional physical therapy for decreasing pain, increasing range of motion, improving function, and reducing disability in adhesive capsulitis patients.



Stroke Recovery

Boosts balance and gait speed during stroke rehabilitation.