

Advanced Clinical Sports Massage

Clinical massage is scientific in its approach. Precise techniques can identify the likely cause of pain looking at trigger point pain patterns within the soft tissue. The objective is to bring a clinical based outcome within one to six treatments.

The focus treats the soft tissue and fascia to assist with the healing. The aim increases range of motion using stretching techniques such as proprioceptive neuromuscular facilitation (PNF) or active isolated stretching and to decrease pain within the body.

Clinical massage may treat the following conditions or assist with general well-being:

Low back pain, Shoulder pain, Neck pain, Whiplash injury, Frozen shoulder, RSI, Headaches, Sports injuries, Tendonitis, Carpal tunnel, Tennis elbow, Golfers elbow.



Jara

Nurturing Mind & Body