

Massage for Old Injuries

Injuries such as chronic back pain, trick knees, and sticky shoulders are not necessarily something you just have to live with forever.

Massage will help, depending on the extent of the injury, how long ago it occurred, and on the skill of the therapist. Chronic and old injuries require deeper and more precise treatments with less emphasis on general relaxation and working on the whole body. Massage is most effective in releasing adhesions and lengthening muscles that have shortened due to compensatory reactions to the injury. Tight and fibrous muscles not only hurt at the muscle or its tendon, but can also interfere with proper joint movement and cause pain far away from the original injury.

This work has specialized names and advanced training credentials --such as orthopedic massage, neuromuscular therapy, myofascial release, medical massage. Our massage therapists at the club, are trained to combine the best of the specialties.

A recent Consumer Reports article surveyed of thousands of its readers and reported that massage was equal to chiropractic care in many areas, including back and neck pain. Massage also ranked significantly higher than other forms of treatment, such as physical therapy or drugs.

If that nagging injury persists, consider booking a massage with us. Be sure to discuss the injury with your practitioner: How did you receive the injury? Have you reinjured it? And what exactly are your symptoms? Often, the body compensates in one area to protect another that has been traumatized, and this can create new problems. Together we can create a treatment program to help you.

Julie Melchiore
Spa Director