



Pacific Massage Services

A Full Service Massage Clinic
Therapeutic Massage ~ Spa Services



Donna Thomas

40 Years of...Experience • Expertise • Excellence

Therapeutic Massage – How Can It Help You?

Does pain or stiffness keep you from living the life you want? Sports injuries, household accidents, repetitive movements on the job, and tension from everyday stress – all of these challenges cause problems that take up permanent residence in our bodies.

Massage therapy can help! It can alleviate pain and, in combination with other health care x, can help heal certain conditions and prevent their return. In some cases, massage can reduce or even eliminate the need for medication or surgery.

Massage can help with...

Stress

Massage is one of the best-known antidotes for stress. Reducing stress gives you more energy, improves your mood and your outlook on life, and reduces your likelihood of injury and illness. Massage can also relieve symptoms of conditions that are aggravated by anxiety, such as asthma and insomnia. As a stress reducer, massage is an effective support therapy for people in psychological counseling or addiction recovery.

Painful or Tight Muscles

Massage can relieve many types of muscle tightness, from a muscle cramp to a habitually clenched jaw or tight shoulders. Some massage techniques release tension directly by stretching and kneading your muscles and connective tissue. Other techniques work less directly, but very effectively, by stimulating your nervous system to allow your muscles to relax.

Delayed Muscle Soreness

Vigorous exercise produces metabolic waste products which, along with micro-trauma to muscle tissue, cause fatigue and soreness. Massage increases circulation, to remove lactic acid and other waste products, and brings in nutrients and oxygen to enhance healing of sore muscles.

Pain, Tingling or Numbness in Hands or Feet

Muscles that are overused or improperly used can become so contracted that they press on the nerves running through them, causing pain, tingling or numbness in the hands or feet. Massage therapy to release muscle spasms in shoulders or hips can alleviate this discomfort.

Injuries

Massage can help heal injuries such as tendinitis that develop over time, as well as ligament sprains or muscle strains caused by an accident. Massage reduces inflammation by increasing circulation, which removes waste products and brings nutrients and oxygen to injured muscle cells. Certain massage techniques can limit scar formation in new injuries and can make scar tissue more flexible and functional around older injuries.

Secondary Pain

Massage can relieve secondary pain that outlasts its original cause. Some examples are headaches from eyestrain, low back aches during pregnancy or the protective tension of healthy muscles around an injury.

Prevention of New Injuries

By relieving chronic tension, massage can help prevent injuries that might be caused by stressing unbalanced muscle groups, or by favoring or forcing a painful, restricted area.

Joint Pain or Stiffness

Massage releases tight muscles that restrict joint movement, as well as working directly on joints to improve circulation, stimulate production of natural lubrication, and relieve pain from conditions such as osteoarthritis.

Posture

By easing restrictions in muscles, joints and fascia, massage frees the body to return to a natural posture. Massage can also release contracted muscles and alleviate pain caused by abnormal spinal curvatures such as scoliosis and lordosis.

Forced Inactivity

When forced to limit physical activity due to injury, surgery, paralysis or normal aging, massage can relieve the accompanying aches and pains and improve circulation to muscles and skin. Even when an immobilized area cannot be directly massaged, the relaxation and circulation effects from a general massage can give relief.

Fluid Retention

By enhancing circulation, massage drains the body's tissues of excess fluid that accumulates as a result of recent injury, surgery or pregnancy. Reducing swelling from accumulated excess fluid relieves pressure and pain in muscles and joints.

What Does a Massage Feel Like?

Massage on normal tissue is almost always a pleasant sensation. In the area of injury or chronic pain, massage may at first cause discomfort which lessens within a few minutes. Some people experience ticklishness during massage. A trained and skilled massage therapist knows how to minimize discomfort and will work within the client's level of comfort. Always tell the therapist if you feel uncomfortable so s/he can accommodate your needs.

Is Massage Always Appropriate?

There are some conditions for which massage is not always appropriate. Let your massage therapist know if you have a medical problem and let your primary health care provider know you are receiving massage. Some conditions require communication between the therapist and doctor in order for you to get the best care possible. The massage therapist will provide progress reports to your physician upon request.

Personalized Treatment Plan

At your first appointment, the massage therapist will request information about your health and will review recommendations and requests from your other health care providers. The therapist will then assess your problem area by checking for painful or restricted movement, gently feeling for areas of tenderness and evaluating your posture and range of motion. Then the therapist will decide on and recommend a plan to treat your primary complaint, as well as other related areas. The appropriate frequency, duration and number of massage treatments for your needs will depend on your problem, its severity, how long you have had it, lifestyle factors and your general health.

Self-Care Techniques

The greatest benefit you gain from massage therapy could be learning how to release tension, help heal injuries, relieve pain or alleviate discomfort between massage sessions. Your massage therapist may recommend and teach you breathing techniques, exercises or stretches to increase flexibility and teach your muscles how to move more efficiently. You may also learn how to release tension by contracting and releasing specific muscles, pressing trigger points, doing self-massage or applying cold and heat to affected areas.

Your Massage Therapist

Massage therapists have received extensive training in massage techniques, anatomy and physiology, and knowledge of when massage is and is not useful or appropriate. Most massage therapists are certified by accredited training programs and/or have specialized training. Most US states have licensing that requires classroom academic training, hands-on practice in a professional setting and a rigorous examination process.

Massage Helps You Enjoy Life More!

If injury, surgery, sports, work, play, a health condition or daily stress and fatigue causes pain or discomfort, massage therapy may be the solution you need. Ask for a referral or recommendation from a health care professional or someone you know who uses massage therapy for relief, so you can alleviate the discomforts that prevent you from living your life to the fullest!