

What is Restorative Massage?

By Anthony DeLaCruz, LMT

It was a beautiful Saturday and you spent the day outside weeding and sprucing up the flower beds, trimming the bushes, mowing the lawn, washing the car and...ouch! You've strained your back again. So you run to the trusty medicine cabinet and take some over the counter pain reliever but this time it just doesn't seem to be doing the trick. Then you decide to kick it up a notch and take some of those muscle relaxers that the doctor prescribed to you the last time you strained your back. Mmmm. They just make you feel groggy and the pain returns unaffected by the pills.

You tried chiropractic at the suggestion of a friend but just like the pills the treatments only rendered temporary relief. You tried physical therapy at the suggestion of your doctor but the exercises seemed to strain your condition even more increasing your pain as opposed to relieving it. What is a person to do?

Sound the horns! Relief is on its way in the form of Restorative Massage Therapy. Restorative Massage uses a variety of manual therapeutic styles to reeducate specific muscle groups and restore the muscle to its original condition. Leaving the muscle pain free. Through postural analysis we search for the core problem of an issue and endeavor to correct the underlying cause of the pain not just the symptomatic area where the pain is felt. In this way we may actually render the problem completely resolved.

Restorative Massage works well in conjunction with other manual therapies as well. When receiving a chiropractic treatment the chiropractor makes the adjustment to the spine but what holds the spine in place?

Muscles hold the bones of the body in position. So if the muscles are not released as well the adjustment will not hold. Receiving a restorative massage before or after a chiropractic adjustment will increase the integrity of the chiropractic adjustment and make return trips to the chiropractor less frequent.

Restorative Massage also works well with Physical Therapy. I spent 10 years working along with PT's and OT's in rehabilitation centers and we developed a protocol that worked quite successfully. First the injured party would receive Restorative Massage to normalize the tissues. Once normalized the muscle tissues would then be strengthened by Physical Therapy which would prevent reinjury.

Restorative Massage is covered by the Bureau of Workers Compensation and I am certified by the BWC to work on people with a BWC claim. Some health insurance is beginning to cover Massage Therapy as well. Check with your insurance carrier. I also accept Personal Injury cases as car insurance does cover Massage Therapy.

If you have muscle pain I would encourage you to try Restorative Massage. These procedures are done with clothes on and do not resemble relaxation massage in any way. I have performed these procedures on literally thousands of clients, as I have been practicing since 1996, and have had many successes where people had not found relief or resolution with any other procedure or medicine.