



## Massage Modalities Offered at SHAC

- **Deep Tissue:** Releases chronic tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grain of muscles, tendons, and fascia.
- **Swedish Massage:** A system of long strokes, kneading and friction techniques on the more superficial layers of the muscles, combined with active and passive movements of the joints.
- **Sports Massage:** A focus on muscle systems relevant to a particular sport.
- **Reflexology:** A system of points in the hands and feet thought to correspond or “reflex,” to specific areas throughout the body.
- **Trigger Point Therapy** (also known as Myotherapy): An application of finger pressure to “trigger points” (painful irritated areas in muscles) to break cycles of spasm and pain.
- **Active Isolated Stretching (AIS):** A technique that helps people maximize the effectiveness of stretching without causing the sort of discomfort that keeps a lot of us away from it.
- **Medical Massage:** Massage performed with the intent of improving conditions or pathologies that have been diagnosed by a physician; a wide variety of modalities or procedures are utilized to focus the treatment based on the diagnosed condition.
- **Myofascial Release\*\*\*:** A safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.
- **Positional Release\*\*\*:** An indirect technique to relieve muscular tension and reestablish pain-free range of motion in joints by positioning the body and tissue in positions of comfort.
- **Manual Lymphatic Drainage\*\*\*:** A type of gentle massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart.
- **Reiki\*\*\*:** A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.



\*\*\* Please note that these modalities are not offered by all therapists. If there is a specific modality you would like to request, please inquire which therapist would be best suited to treat you when scheduling your appointment.

# **Benefits of Massage**

## **Physical**

- Helps relieve stress and aids relaxation.
- Helps relieve muscle tension, stiffness, and spasms.
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue.
- Provides greater joint flexibility and range of motion; improves posture.
- Enhances athletic performance.
- Promotes deeper and easier breathing.
- Improves circulation of blood and movement of lymph fluids; reduces blood pressure.
- Helps relieve tension-related headaches and effects of eyestrain.
- Enhances health and nourishment of skin.
- Strengthens the immune system.
- Soothes aching overworked muscles.
- Promotes more restful sleep.

## **Mental**

- Fosters peace of mind; promotes a relaxed state of mental alertness.
- Helps relieve mental stress; reduces levels of anxiety.
- Enhances capacity for calm thinking and creativity.

## **Massage Precautions/ Contraindications**

Massage should not be construed as a substitute for medical treatment. The basic purpose is for relaxation and relief of muscular tension.

If you're in any doubt, or if you're under medical supervision, check with your doctor or other qualified medical practitioner before embarking on massage therapy. This advice applies particularly in the case of cardiovascular conditions and heart disease, especially in cases of thrombosis, phlebitis, and edema. Also, before you schedule a massage, consult a qualified medical practitioner in cases of raised temperature, infections, or contagious disease.

**Please note: Massage is not recommended for anyone who has a fever or flu-like symptoms.**

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SHAC Massage Therapy Appointments & Information: (505) 277-3136

SHAC Website: [shac.unm.edu](http://shac.unm.edu)