

# Clinical Pain Relief Massage



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-592956-z>

This is a genuine therapy - no naturist or sensual massage requests please.  
We can use a variety of protocols to work with a number of conditions. These include -  
Lower back pain protocol - Relieves many types of backpain and works with conditions including Acute or chronic herniated disc, spondylosis, spondylolisthesis and facet joint irritation syndrome.  
Neck and Shoulder Pain Protocol - Works with many types of neck and shoulder pain including muscular pain, acute and herniated discs and headaches.  
Shoulder Girdle Pain Protocol - Can be used to good effect for a number of common musculoskeletal conditions including frozen shoulder, rotator cuff injury, painful arc syndrome, sporting injuries and supraspinatus tendonitis.  
Forearm and Wrist Pain Protocol - Works well with conditions such as carpal tunnel syndrome, golfers elbow, tennis elbow, RSI, DenQuervain's syndrome, osteoarthritis and rheumatoid arthritis.  
Hip and Pelvis Pain Protocol - Used for more specific work around the pelvic girdle to treat conditions such as sacroiliac (SI) joint pain, sciatica, osteoarthritis and sporting injuries such as groin strain.  
Leg, Knee and Foot Pain Protocol - Used to work with conditions such as strains and sprains, patellar tendonitis, achilles problems, IT band syndrome, shin splints, groin strains, knee issues, osteoarthritis.

Your massage, depending on your needs, may incorporate some or all of the following. (We may also suggest supporting modalities and home exercises if needed)

Deep-tissue massage targets the deeper layers of the muscles as well as the more superficial ones, where soreness typically begins. Although deep tissue massage can incorporate firm pressure it is not painful. It helps release the fascia which is a 'k' movement, which can cause pain and discomfort. Fascial release is not shown on X Ray scans. X Ray scans show bone structure and do not show soft tissue. Fascial release is a manual therapy and can be used to treat a wide range of conditions. It is specifically designed to tackle the source of pain and release constricted areas in the muscles thus alleviating the pain. A significant decrease in pain can be felt after just one treatment, but as a general rule, chronic pain is usually dealt with by weekly massages for 3-6 weeks followed by monthly massage which will maintain health and wellness and keep pain at bay. Hot stones target sore areas, and increase circulation, which support a faster post-workout muscle repair and ease general pain. They are also nurturing and comforting and an excellent muscle relaxant.

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Stretching is extremely beneficial after the muscles have been worked on, especially if they are tight or painful.

Passive Stretching is ideal for the non-active person or those wanting a relaxing session where the therapist does all the work.

Proprioceptive Neuromuscular Facilitation Stretching(PNF) is ideal for hyper-mobile and more agile clients. It is also great for those who need rehabilitation or recovery from injury and those who want to strengthen as well as stretch the muscle.

Active Isolated Stretching (AIS) is for the more active client or those wanting to be more active. It is Ideal for sports people who require strength and more rapid.