

Massage Therapy

The root of the word “massage” means to touch. Massage therapy is the scientific art of assessment and application of manual techniques to the body’s soft tissues – the skin, muscles, tendons, ligaments, fascia and organs. Manual therapies including massage therapy have always been an integral part of the art of medicine. Therapeutic massage was first mentioned in writing about 2000 B.C., and most ancient cultures around the world practiced some form of healing touch for injuries and disease. Hippocrates, the Greek physician, advocated massage as did Asclepiades, another prominent Greek physician who relied exclusively on massage in his practice. Today, there are a great variety of massage therapy styles with specialized techniques and adaptations for specific populations. Some styles of massage stand alone as a treatment while other styles are blended together to meet each patient’s unique health needs. Current trends suggest massage therapy is an increasingly popular treatment for stress reduction and musculoskeletal pain and dysfunction.

Arvigo Technique™ Maya Abdominal Therapy

Arvigo Technique™ Maya Abdominal Therapy is a lineage of ancient techniques taught by Dr. Rosita Arvigo to facilitate normal blood, lymph, nerve, and energy flow through the core of the body for both women and men. Maya Abdominal Therapy is effective for treating a number of common complaints including low backache, chronic indigestion and heartburn, gastritis, constipation, irritable bowel syndrome, gastroesophageal reflux, Crohn’s disease and chronic urinary tract infections. For women, Maya Abdominal Therapy addresses the “tipped” or prolapsed uterus, painful, irregular menses or ovulation, premenstrual syndrome (PMS), low back pain, headaches and dizziness with menses, chronic miscarriage, difficult pregnancy, infertility, painful intercourse, endometriosis, endometritis, uterine fibroids, ovarian cysts, hysterectomy and difficult peri-menopause and menopause. For men, this treatment can be effective for early stage of prostate swelling, benign prostatic hyperplasia and mild prostatitis. The initial appointment is an hour and a half and includes instruction in self care abdominal massage. Follow up appointments are typically one hour. Maya Abdominal Therapy is not recommended if you have an intrauterine device (IUD), or experience abdominal pain not yet evaluated by your physician.

Breast Massage

Breast Massage is a therapeutic treatment for optimal breast health. Breasts, in both women and men, depend on blood and lymphatic circulation for optimal health, yet breast tissue has no internal muscle or joint movement to move the tissue and promote circulation. Tight clothing that restricts normal tissue motion and poor posture may further diminish breast tissue circulation. Pain and degenerative tissue change may result. Breast massage is indicated for tender and/or painful breasts; fibrocystic breast discomfort and lumps associated with menstrual cycles; breast discomfort due to pregnancy,

breastfeeding, weaning and mastitis; breast congestion and edema; pain management and scar tissue reduction following diagnostic procedures, surgeries or breast trauma; poor pectoralis major muscle tone following submuscular breast implant; integration of post surgical changes and new body image and the personal goal of becoming more comfortable with your breasts. The treatment includes education in self breast massage. Breast Massage is not a breast exam for the detection of breast health problems.

CranioSacral Therapy

CranioSacral Therapy enhances the functioning of the craniosacral system that protects the nervous system and consists of the bones, membranes and cerebrospinal fluid that surround the brain and spinal cord. Imbalances or restrictions in the craniosacral system may cause a number of sensory, motor and other neurological conditions include headaches, chronic pain, eye difficulties, and learning disabilities. CranioSacral Therapy is a gentle hands-on method of detection and correction that facilitates optimal functioning of the craniosacral and nervous systems. CranioSacral therapy is indicated for the treatment of head injuries, TMJ dysfunction, tooth pain, body trauma, and post-traumatic disorder.

Deep Tissue Massage

Deep Tissue Massage is a variety of massage techniques that focus on the deeper layers of muscle tissue and fascia within the body with the intent of reducing pain, soft tissue adhesions and chronic tension patterns in the body. Deep Tissue Massage techniques tend to be slower and more focused on specific body areas and may include a variety of deep tissue techniques like Trigger Point Therapy, Myofascial Release, and deep cross fiber friction to fit each patient’s unique needs. Deep Tissue Massage is an effective treatment option for soft tissue pain as a result of injury, overuse, or poor posture. Deep Tissue Massage is not intended to be painful and is applied at a nurturing and effective therapeutic depth for each unique patient.



Healing Touch

Healing Touch is an energy-based therapy intended to balance and harmonize the body's vital energy. This therapy involves hands-off techniques around the patient's body to find and restore vital energy where it may be diminished, blocked or unbalanced. The caring human interaction between the patient and therapist combined with the intent to balance and harmonize the patient's vital energy may optimize the patient's healing experience. Healing Touch is beneficial for a range of health concerns such as chronic pain, stress-related conditions, heart conditions and high blood pressure. Healing Touch is often combined with other styles of massage therapy to meet a patient's unique needs.

Integrative Massage

As the name says, in Integrative Massage, all aspects of the patient's experience are integrated with the facilitation of the therapist. This style of massage therapy may include both verbal and non-verbal communication as the therapist assists the patient with a creative visualization to help relax tension, stress, or a holding pattern or place a hand on an area to encourage increased awareness. Integrative Massage also uses active, guided breathing to facilitate insight and relaxation in the body. Integrative Massage is ideal for people who want to increase their self awareness through the use of therapeutic massage.

LaStone® & Hot Rock Massage

With LaStone® Therapy or Hot Rock Massage, approximately 30 polished stones of various sizes are sanitized, heated, oiled and placed on, along, and under the body in a beautiful pattern. While the patient is relaxed and warmed by these stones, the therapist massages with other stones in a slow rhythm. As the stones cool throughout the massage, the therapist replaces them with warm stones until the massage is complete. LaStone® & Hot Rock Massage offers a deeply therapeutic, relaxing and rejuvenating experience. LaStone® Massage is one hour and a half while Hot Rock Massage is one hour.

Medical Massage Therapy

Medical Massage Therapy focuses on alleviating pain and discomfort associated with many medically diagnosed conditions. It is especially effective with medically diagnosed conditions that are exacerbated by stress and also have symptoms of soft tissue pain and dysfunction. Medical massage therapy is recommended for people living with migraine headaches, fibromyalgia, cancer and its treatment, osteoarthritis and autoimmune diseases such as rheumatoid arthritis and lupus. Specific massage therapy techniques are appropriately modified to the patient's diagnosed medical condition. For a patient receiving Medical Massage Therapy, our staff works closely with the patient's physician and other health care providers to coordinate care and improve the patient's quality of life

Myofascial Release

Myofascial release is a manual therapy that can relieve soft tissue pain and increase range of motion and function. "Myo" means muscle, and fascia is the body's continuous soft tissue web that connects the muscles, organs, and bones from head to toe. Injury, stress, inflammation, trauma, and poor posture can cause restriction in both muscles and fascia. Additionally, since fascia is a continuous soft tissue web, myofascial restriction in one area of the body may affect other places in the body. Myofascial Release techniques tend to be slower in pace to find, isolate and manipulate restrictions and adhesions between muscles, fascia, organs and bones. Active and passive stretching techniques may also be included to further increase range of motion and restore soft tissue function.

Neuromuscular Therapy

Neuromuscular therapy is an effective way to reduce pain and restore optimal function of the neuromuscular system. Nerves control the contraction and stretch of muscles, and Neuromuscular Therapy focuses on interrupting painful nerve impulses and normalizing muscle tone and function with techniques including Myofascial Release, Trigger Point Therapy, muscle energy techniques (post isometric relaxation and reciprocal inhibition), positional release and hydrotherapy (hot and cold water therapy). Neuromuscular therapy is often blended with other styles of massage therapy to meet a patient's unique needs.

Location, Telephone, Website, Office Hours

Health Center of Integrated Therapies

1551 Professional Lane, Suite 125, Longmont, 303.651.5188, www.luhcares.org

Monday - Friday 8:00 a.m. - 5:00 p.m.

Oncology Massage

Oncology Massage is the educated use of massage techniques to address the effects of cancer and cancer treatment for both the current cancer patient as well as the long-time survivor. Techniques are appropriately adapted for the type of cancer and its treatment, and may also help patients who are living with cancer effectively manage common cancer treatment side effects such as nausea, fatigue, pain, anxiety and depression. Oncology Massage can also promote relaxation and a sense of well-being when living with cancer. Our therapists provide Oncology Massage to Longmont United Hospital inpatients and outpatients and also collaborate with oncology physicians and staff.

Orthopedic Massage

Orthopedic Massage addresses conditions such as broken bones, whiplash, frozen shoulder, disc herniation, as well as orthopedic surgeries including shoulder, knee and hip replacements. Orthopedic Massage includes massage therapy techniques that can decrease pain and inflammation associated with these orthopedic injuries and conditions. Orthopedic Massage can also be an integral therapy during recovery and rehabilitation from surgery to restore optimal musculoskeletal function. Our staff works closely with orthopedic physicians and other health care providers to coordinate our patients' care.

Pediatric Massage

Pediatric Massage focuses on massage for children ages 2 to 18 years old and the significant developmental transformation from birth to adulthood. In Pediatric Massage, massage is adapted to treat children's aches, pains, and injuries as well as meet the special needs of children living with asthma, attention deficit hyperactivity disorder (ADHD), autism, developmental challenges and recovering from childhood illnesses and abuse. Pediatric massage is a wonderful way to support a child in developing a positive body image and facilitating a positive attitude toward healthy touch. Our staff works with children, parents and caregivers by teaching them specific massage techniques that can be used at home. For more information about our other services for infants and children, see our Infant Massage Classes and Shonishen.

Pregnancy and Postpartum Massage

Pregnancy massage safely and comfortably relieves stress and strain from the profound changes of pregnancy while also fostering deep relaxation. Therapists use a variety of specially designed techniques and positions to meet the needs of pregnant women in any week of pregnancy. Benefits include less back pain, enhanced sleep, reduced anxiety, improved circulation, normalized blood pressure, decreased chance of stress related pregnancy complications, and a general sense of well being. Postpartum massage facilitates the body's adaptation from pregnancy and birth, hastens recovery after birth, encourages breast milk production, and alleviates muscular tension and pain from newborn care. For post-Cesarean mothers, specific techniques can reduce scar tissue as well as assist with the healing of the incision site. Postpartum massage also provides a new mother with rest and rejuvenation so that she cares in this way for her baby. Our therapists provide Pregnancy and Postpartum Massage to Longmont United Hospital inpatients and outpatients and also collaborate with obstetric physicians and staff.

Reflexology

Reflexology is based upon to the work of two American physicians, Dr. William Fitzgerald and Dr. Joe Shelby Riley in the 1920's and the theory of specific reflex areas in the feet and hands corresponding to specific areas in the body. Their studies showed that skilled application of pressure to the feet and hands cause physiological and psychological changes in the body. Eunice Ingham, Dr. Riley's assistant, created diagrams of the feet and hands showing the corresponding reflex to each body part. In a reflexology treatment, the therapist applies thumb and finger pressure to specific points on the feet and hands that correspond to specific organs, glands, and body parts. Benefits of reflexology may include release of stress and tension, improved circulation, enhanced nerve impulses, and improved organ and gland function.

Reiki

The word Reiki is made up of two Japanese words - Rei meaning "universal" and Ki meaning "vital life energy." Reiki is an ancient healing therapy that uses hands-on techniques to balance this energy and to restore energy movement which governs vital organ function and well being. In Reiki, the therapist's hands are placed on or slightly above the patient's body in a series of different hand positions. Reiki may be integrated with other styles of massage therapy or work effectively alongside conventional medical treatments. When Reiki is used as stand alone treatment, the patient may be fully clothed.



Shiatsu (Acupressure)

Shiatsu means “finger pressure” and is an eastern hands-on therapy based on the same theories as Traditional Chinese Medicine Acupuncture. Shiatsu is traditionally performed on a futon on the floor, but in our clinic setting, it is offered on a massage therapy table with the patient wearing loose clothing for active stretches included in the treatment. Shiatsu is a rhythmic massage that uses finger, palm and thumb pressure applied to acupuncture points throughout the body. Patients report deep relaxation and a clearing of stagnation that may have previously manifested as pain or discomfort. Shiatsu is wonderful introduction to the experience of feeling vital life energy improve with hands-on techniques and without the use of acupuncture needles.

Sports Massage

Sports Massage enhances recovery from strenuous activity and facilitates healing from injuries sustained while participating in or training for sports or physical activities. For a fitness enthusiasts and amateur athletes, Sports Massage can relieve or prevent injuries and optimize performance. Common sports injuries that can be effectively treated with Sports Massage include tendonitis, strains and sprains, iliotibial band syndrome, piriformis syndrome and plantar fasciitis. For elite athletes, Sports Massage is an integral part of training and recovery for maximum performance and can be utilized prior to, during and after competitive sporting events.

Swedish Massage

Swedish Massage was originally developed in the early 1800's by Pehr Henrik Ling, a Swedish physiologist and gymnastics instructor. Today, it is the most popular style of massage therapy in the United States. Swedish Massage includes five basic strokes - effleurage (gliding strokes), petrissage (kneading and compression), tapotement (percussion), friction and vibration – which are applied with oil or lotion to the skin and underlying soft tissues. Swedish Massage can assist the body's normal functioning by increasing relaxation, increasing delivery of blood and oxygen, decreasing tension and reducing pain in the soft tissues throughout the body. Swedish Massage is often combined with other styles of massage depending on the individual needs of the patient.

Trigger Point Therapy

Trigger Point Therapy was developed by Dr. Janet Travell in the 1940's and is the use of deep, static pressure to tender muscle tissue to relieve tension, pain and dysfunction. There are two types of trigger points - active and latent. Active trigger points cause pain referral and other neurological phenomenon (numbness and tingling) to another area of the body. For example, headache pain can be caused by trigger points in the trapezius muscle in the neck and shoulders. Latent trigger points only exhibit pain when compressed. Trigger points are common and may be caused by injury, trauma, poor posture, overuse and other chronic physical and emotional stressors. The therapist applies pressure to trigger points until the patient notices a reduction in pain and actively communicates with the patient about the appropriate amount of pressure. Trigger Point Therapy is often combined with other massage therapy modalities.

Location, Telephone, Website, Office Hours

Health Center of Integrated Therapies

1551 Professional Lane, Suite 125, Longmont, 303.651.5188, www.luhcares.org

Monday - Friday 8:00 a.m. - 5:00 p.m.