

# Massage



CRYSTAL PALACE  
PHYSIO GROUP

Making People Better

## What is soft tissue Massage?

Soft Tissue Massage is the manipulation or movement of muscle and connective 'soft' tissues, using various techniques by our expertly trained manual therapists. Through stimulation, relaxation and rejuvenation of the muscles and nerves; it can have a positive effect on the whole body, equilibrium and wellbeing. Massage is popular for athletes and sportspeople, as well as those with office or manual jobs, sedentary lifestyles and longstanding problems.

## What are the benefits of soft tissue massage?

It can help to:

- Reduce your pain
- Reduce your anxiety or depression
- Improve your circulation
- Improve your flexibility
- Improve your healing after injury
- Assist your preparation before sport
- Assist your recovery after sport

## What soft tissue Massage treatments do you offer?

### Sports & Remedial Massage

Uses a range of therapeutic techniques for the prevention, recognition and treatment of injuries. Depending on the stage and severity of your injury the therapist uses various techniques to improve your muscle function, rehabilitation, aid the healing process and return you back to full fitness.

### Deep tissue Massage

Helps focus on realigning deeper layers of muscle and connective tissue. It is especially helpful for chronically tense and contracted areas such as the neck, shoulders, lower back, gluteal and legs. It will also help with joint mobility and can aid recovery from injury and surgery. Massage strokes are applied slowly, pressure is deep and concentrated on areas of tension and pain.

### Pregnancy Massage

Is an excellent therapy during the 2nd and 3rd trimesters, especially as prescribed pain relief is limited and the demands and changes to the body during this time are high. Proper positioning ensures comfort and safety for mother and baby, so you feel reassured and relaxed throughout the treatment. It will reduce swelling in the arms and legs, ease symptoms of muscle strain and joint pain, especially through the pelvis, lumbar spine and shoulder areas. Pregnancy massage has been found to help relieve stress, anxiety, depression and improve sleep quality.

## Contact us now

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