

What is Therapeutic Massage?

Massage extends far beyond the relaxing, spa-based practices many are familiar with to include a range of therapeutic styles of soft tissue manipulation that promote healing, aid in relaxation and stress management, or provide relief from musculoskeletal pain resulting from injury to the muscles, tendons, and ligaments.

Therapeutic massage practices include:

- Bioenergetics
- Bowen technique
- Neuromuscular Massage Therapy
- Tui Na (Chinese massage)
- Reflexology
- Rolfing

What Conditions Can be Treated with Therapeutic Massage?

- Anxiety/stress
- Carpal Tunnel Syndrome
- Chronic pain
- Fatigue
- Fibromyalgia
- Hypertension
- Low back pain
- Muscle tension headache
- Multiple sclerosis
- Poor posture
- Post-operative soft tissue pain
- Repetitive use injury
- Temporomandibular joint (TMJ) pain
- Traumatic muscle strain injury (including sportsrelated injuries)
- Whiplash

How Can I Find Out More?

To find out more about the Therapeutic options offered at the Raby Institute for Integrative Medicine, or to [schedule an appointment](#) with one of our licensed practitioners, please contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.

Therapeutic Massage Practices

Neuromuscular Massage Therapy

Neuromuscular Massage Therapy (NMT) is a specialized form of massage therapy that utilizes the application of static pressure on specific myofascial "trigger points" to relieve pain and balance the central nervous system. Myofascia is the combination of muscle and the fascia, the web of connective tissue that covers and connects muscles, organs, and skeletal structures of our body. Practitioners trained in NMT study the physiology of the nervous system and its effect on the muscular and skeletal systems, as well as kinesiology and biomechanics to address five key elements of pain:

- Lack of blood supply to soft tissues which may cause hypersensitivity upon palpation
- Highly irritated points in muscles that refer pain to other parts of the body
- Pressure on a nerve by soft tissue, cartilage, or bone
- Imbalance of the muscular system resulting from the movement of the body off the longitudinal and horizontal planes
- Imbalance of the musculoskeletal system resulting in faulty movement patterns (i.e., poor lifting habits, bad mechanics in a golf swing or tennis stroke, or computer keyboarding)

Reflexology

Reflexology, also called "zone therapy," is based on the notion that each organ and body part correlates with a specific point on a person's hands or feet. The practice of reflexology involves massaging, squeezing, or pushing on parts of the feet, hands, and sometimes ears, to achieve a beneficial therapeutic effect on related parts of the body. This massaging action can stimulate the flow of energy, blood, nutrients, and nerve impulses to the corresponding body zone, thereby relieving ailments in that zone.

Bioenergetics

Bioenergetics is a specific form of body-based psychotherapy based upon the relationship between the body and mind. The practice combines physiological, analytical, and relational therapy based on a premise that there is a flow of energy to support the psychotherapeutic process. Techniques focus on addressing posture, gesture, breathing, motility, expression, and the energetic aspects of an individual, including self-perception, self-expression, and self-possession.

Rolfing

Rolfing, also called Structural Integration, is a method of deep tissue massage and hands-on energy healing that focuses on bringing segments of the body back into proper alignment with the gravitational field. Practitioners of rolfing use their fingers, elbows, and knuckles to loosen up and reorganize the soft tissue of the body, including muscles, tendons, ligaments and fascia. This therapy aims to bring relief from chronic pain, open up breathing, improve sluggish digestion, balance the nervous system, and improve overall physical and emotional health.

Bowen Technique / Bowen Therapy

Bowen involves gentle but precise manipulation of the body's soft tissue. Bowen therapists use their thumbs or fingers to make subtle rolling maneuvers to trigger a healing response from the body rather than to physically alter the structure of the body. Bowen therapy is aimed at helping the body reach a more harmonious state in which it can better heal itself. Benefits may include a sense of relaxation and improved overall well-being.

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