

Scituate And Burrillville Chiropractic Centers



What is Orthopedic Massage?

At a recent symposium of the American Academy of Orthopedic Surgeons entitled "*The Mechanisms of Injury and Repair of Musculo-skeletal Soft Tissue*" experts addressed the limitations of orthopedic medicine in treating soft tissue injuries. They concluded that strains and sprains of the musculo-skeletal soft tissue not only cause significant pain and impairment but are often poorly diagnosed and inadequately managed. Recognizing the need for treatment of soft tissue injuries, health care professionals such as chiropractors, orthopedists, and physical therapists are now hiring massage therapists. Most massage therapists, however, are inadequately trained in methods specific for soft tissue injuries.

Typically, orthopedists and neurologists diagnose and treat with medication and surgery. Chiropractors adjust the spine to facilitate proper alignment. Physical therapists provide exercise rehabilitation, mobilization, and modalities, and massage therapists increase circulation to promote relaxation.

While these therapies all play a vital role in the healing process, a member of the health care team is missing; the orthopedic massage therapist, who has advanced training in techniques to soft tissue rehabilitation.

Orthopedic massage is a specialized form of manual treatment that combines techniques from many therapeutic traditions which have been refined by Tom Hendrickson, D.C. These techniques include: specific positional concepts of Lauren Berry R.P.T., the facial release of connective tissue massage, transverse friction massage and muscle energy techniques.

The goal of Orthopedic Massage is to dissolve adhesions; normalize the position of the soft tissue and release its torsion; lengthen the connective tissue; hydrate the joints; facilitate normal neurological function by muscle energy techniques; and release entrapment of the peripheral nerves. Orthopedic Massage is an extremely efficient and effective method of therapy.

