

NEUROMUSCULAR MASSAGE THERAPY

Clinical Bodywork or Neuromuscular massage therapy (NMT) is a specialized form of manual therapy in which concentrated pressure and friction is applied to muscle strain trigger points. These are areas of the muscle where there is a contracture of the tissue causing an inability of that muscle to relax due to a lack of blood flow and nutrients. Trigger points can be hypersensitive and cause pain, weakness and fatigue in the muscle. Trigger points can also produce referral pain, which means you can experience sensations of numbness, tingling or dull aches further away from the trigger point.

NMT techniques are specialized and designed to correct postural distortions, movement dysfunction, and alleviate pain by treating trigger points, muscle adhesions and other connective tissue patterns. These problems are typically caused by trauma or injury, overuse or repetitive movements and/or bad posture.

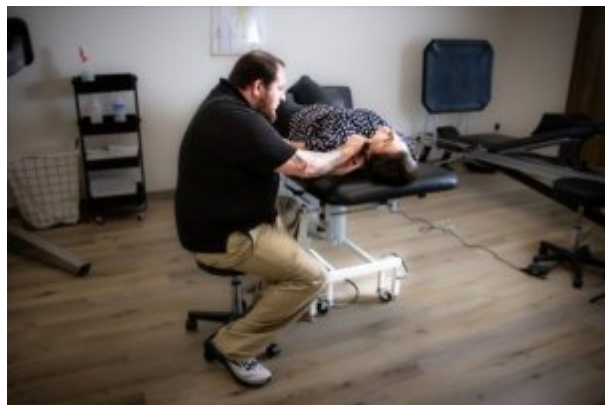
Common Medical issues appropriate for NMT:

- Neck pain
- Headaches
- Sciatica symptoms
- Plantar fasciitis
- Carpal tunnel symptoms
- TMJ (jaw pain)
- Back pain
- Knee pain
- Medial or Lateral epicondylitis
- Constipation

Benefits of Neuromuscular Massage

- Improved blood circulation
- Reduced or elimination of pain
- Improved posture
- Lower body toxin levels
- Improved flexibility, mobility and strength
- Balanced musculoskeletal and nervous systems

- with Matt Hutto PTA, LMT
for The Magnolia News



"When first seeing Matt after having an achilles tendon injury for 10+ years, he recommended a completely new approach. Matt specializes in Neuromuscular massage and explained my tight calves could be the reasons I wasn't healing. Sure enough, after several massage sessions I improved for the first time in years. I am forever thankful to Matt. I truly believe his unique approach gave me healing and independence I had been seeking for years." - Denise F.



"I have had years of trouble with migraines and recently got a neuromuscular massage by Matt. He worked on muscles in my neck I didn't even know existed!! When he was done my migraine was gone and there was no after effect of the headache either. I would highly recommend people give this shot if you have muscle tightness or headaches that have been hindering your day-to-day function." - Ashley G.





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