

Massage Therapy Services

Massage Types

Massage Services

now available at

Peak Physical Therapy

SWEDISH MASSAGE

Swedish Massage is the most popular type of therapeutic massage. The massage consists of;

- gentle light to medium massage strokes
- kneading and deep circular movements, as we
- vibration and tapping to help promote relaxation.

The techniques used are great for several reasons including;

- soothing tired muscles
- rehabilitating injured muscles
- managing pain
- increasing blood flow by directing massage strokes towards the heart
- reducing stress by increasing relaxation, which lowers levels of the stress hormone cortisol
- improving the immune system
- increasing flexibility by combining massage with stretching exercises

Your massage therapist will create a calm and relaxing environment, customizing the experience to suit your needs.

MOTHER-TO-BE

In pregnancy during times of discomfort that relate to the skeletal and circulatory changes brought on by hormone shifts, a mother-to-be experiences her body go through dramatic changes. Prenatal massage therapy can help with;

- relieving muscle aches, joint pains
- improving nerve pain
- improving lymphatic and blood circulation
- reducing edema
- relieving mental and physical fatigue
- reducing anxiety and decreasing symptoms of depression

The techniques that are used are that similar to a Swedish Massage. Tell your massage therapist of any symptoms you are having so that she can customize the experience to best suit your needs.

Women who have experienced any of the following, should contact their healthcare provider prior to booking a massage;

- Bleeding
- Pre-term contractions
- High-risk pregnancy
- Severe swelling, high blood pressure, sudden severe headaches
- Preeclampsia
- Pregnancy-induced hypertension

A common question asked is... is prenatal massage safe throughout the entire pregnancy?

Massage benefits can improve the overall prenatal health of a pregnant woman. Being certified and having years of experience with many types of massages, including prenatal, your massage therapist knows how to position you safely on our pregnancy massage table to prevent strain to the uterine ligaments. The best position for you might not be the same as another mother-to-be. Discuss with your massage therapist what position is safest and most comfortable for you.

REFLEXOLOGY

Reflexology involves manual techniques that are used to stimulate pressure points on the soles of the feet as well as the palms of the hands. Acupressure is performed on the entire foot to promote total body relaxation as the foot structure mimics the anatomy of the human body. The wholistic approach works through the nervous, electrical, chemical and magnetic energy systems.



Reflexology has been effective in easing pain as well as creating relaxation. Ask your massage therapist how this service can benefit your specific needs.