

SOFT TISSUE



MADE
~ TO *move*

What is soft tissue?

Soft tissue includes muscle, tendon, ligament, fascia, nerve, and any other connective tissue.

What is soft tissue therapy?

Soft tissue therapy is mobilization of any tissue within this category. This may include many techniques such as instrument assisted, cross friction, effleurage, pin and stretch, etc.

What types of soft tissue are offered?

Massage therapy, RAPID Neurofascial Reset, muscle release technique, SmartTools, active release, and trigger-point work.

How does Soft Tissue Therapy help?



Decreases pain and increase function by breaking up abnormal densities in the tissue



Increase function by stimulating the nervous system



Decrease healing time by re-initiating first-stage healing in the body via proliferation











Decrease pain by local and systemic hormone release

What types of STT are offered?

Release Technique	Instrument Assisted	Massage Therapy	Sports Massage
Muscles are pinned (with the hand) or stripped (pressure + movement) and then lengthened actively or passively. Compression of trigger points may also be used.	Muscles are mobilized with the aid of a blunt, stainless steel tool and emollient cream.	Muscles are mobilized with traditional and Swedish massage technique such as effleurage, petrasauge, etc.	Not just for athletes, this more robust treatment uses advanced techniques and is injury and performance focussed great for acute and chronic pain.

What conditions does STT help?

-  Low Back Pain
-  Neck Pain & Headaches
-  Plantar fasciitis & Foot Pain
-  Elbow & Wrist Pain
-  Shoulder Pain
-  Muscle Strains
-  Tendonitis
-  Trigger Points (muscle knots)
-  Glute & Hip Pain

What is the difference between Relaxation Massage and Soft Tissue Therapy?



Relaxation massage tends to focus on the full body, the mind-body connection, and is utilized less for specific injuries and more for maintenance care.



Soft Tissue Therapy tends to focus on a specific region, and is utilized more for a specific injury, pain, or functional issue.

SmartTools

The TENS unit initiates and Action Potential All SmartTools are medical-grade 316 stainless-steel, hand-polished tools, forged from solid stock of metal. SmartTools allows the practitioner to increase depth and specificity when treating Tissue Extensibility Dysfunctions.



Tissue Extensibility Dysfunctions

- Scarring
- Fibrosis
- Densification
- Fascial Tension
- Neural Tension
- Muscle Tension
- Neurological Restriction
- Trigger Points