

WEST SIDE WELLNESS, LLC

MODALITY: NEUROMUSCULAR THERAPY

Including but not limited to trigger point work, NMT is a step-by-step process to evaluate and treat soft tissue pain. The therapist may use effleurage, petrissage, friction, muscle energy, or strain/counter-strain massage techniques. Helpful for pain, posture, injury, sports, and post surgery.

From the NMT Center:

“Neuromuscular therapy (NMT) is a precise, thorough examination and treatment of the body’s soft tissues using regionally oriented protocols that are taught in a step-by-step process... NMT assessments and examinations primarily address ischemia (tight tissue with reduced blood flow), myofascial trigger points (hypersensitive points within muscles that give rise to referred phenomena, including pain), neural entrapment (pressure on nerves by muscles and other soft tissues), and nerve compression (pressure on nerves by osseous and other bonelike tissues, such as cartilage or discs), postural assessment (assessment of the position of the body as a whole) and dysfunctional gait patterns (manner of movement when walking) with constant consideration for many other perpetuating factors, such as hydration, nutrition, breathing patterns, and psychologic stress... NMT is highly effective for clients who present with chronic pain and is often successful in reducing or eliminating even longstanding painful conditions. Some of the techniques can also be applied to acute injuries and for post-surgical care; many help to improve performance in sport or dance and to prevent injuries due to these activities.”

<https://nmtcenter.com/description/>