

## MYOFASCIAL RELEASE COMBINED WITH DEEP TISSUE MASSAGE & STRETCHING

Massage has been used as a technique since the ancient times by the Romans, who believed in leading luxurious lifestyles and pampering their bodies in order to fully relax.

Human bodies are made of skeletons and muscles, which give us structure and enable movements. Hence, repetitive movement and contracted control of our muscles cause tension. This contributes to muscle tightness, inflexibility, build-up of scar tissue and muscle imbalance, thus altering our body posture at the time our muscles are contracted.

More often than not, those who lead a sedentary lifestyle athletes, or gym rats who train with weights or work out regularly are affected.

To counter these aches, Deep Tissue Massage Therapy involves kneading and stroking the soft tissue to loosen the knots. Benefits include relaxation of muscles, reduction of stress by releasing endorphins (anti-stress hormone that makes us happier), improve of blood circulation, flushing out of toxins through urination, reduction of blood pressure after a 45 to 60 minute massage and lastly, improvement of flexibility. Deep Tissue Massage Therapy sessions should be scheduled weekly for optimal results.

As for Myofascial Release, this treatment uses sustained pressure to roll against the connective tissues. This is done by using the flat bone of the therapist's lower arm to release muscle tension or knots which helps to get rid of scar tissues from repetitive usage during prolonged physical activities.

Ultimately, it is also the responsibility of the individual to ensure his muscles are in tip-top condition. One can achieve this through regular stretching, which helps to maintain flexibility and ensures joints are able to attain full range of motion without any pain or discomfort.

After all, prevention is better than cure; get started now and have a pain free fall vacation!

Best regards

*Desmond*



Desmond is one of the PT team's longest serving members and has been in the fitness industry for more than 20 years. A certified fitness instructor through the Federation of International Sports, Aerobics and Fitness, he has a wide skill set to assist his clients in achieving their goals.

If you are recovering from an injury and require advice on an appropriate training regime, want help to gain muscle mass, or with weight loss, Desmond can tailor a program to suit your specific needs. He can often be seen giving his clients a post-workout massage and deep tissue release, much to the envy of others in the Gym! His personal goal is to train to be a snooker coach in the near future.

