

Trigger Point Massage



Menu of Massage Services

*Deep Tissue, Swedish, Thai, Sports, Hot Stone, *Raindrop, Reflexology, Aromatherapy, *Cupping, Trigger Point*

<i>1 Hour \$60</i>	<i>Prepaid Packages</i>
<i>90 Min \$90</i>	<i>5 Hours \$275</i>
<i>2 Hours \$120</i>	<i>10 Hours \$500</i>

**\$15 Service Charge*

Additional Cash, Birthday, & Referral Discounts Available

*www.flow.massagetherapy.com
533 N. Great Neck Rd 757-620-0510*

A trigger point is a part of your body that can cause discomfort and pain. A licensed massage therapist will know where it is. Trigger point massages target areas that are associated with pain. This technique can help alleviate ailments like chronic back pain, headaches, neck tension, and other common problems. However, this method is not for everyone. Before you try trigger point massage, consult your physician if you are experiencing pain in particular areas.

The main reason for this type of massage is to assist people suffering from painful trigger points. This technique involves applying pressure to the area for at least 10 minutes. During this period, the patient needs to breathe evenly to not cause any discomfort. The practitioner will then switch from activation to mobilization an action that will trigger muscle relaxation. Each session should last around one minute. If it takes longer the practitioner will change between activation and triggering and help the muscle relax.

Trigger point massage can be an effective method to ease chronic pain. It is also beneficial for people with certain conditions. If the trigger point is not addressed it can cause muscle spasms, which could be painful. A trigger point can cause discomfort that can hinder your daily activities, which can cause you to be miserable. An experienced, licensed massage therapist will be able to identify trigger points in your muscles. A qualified therapist will help

you achieve the relief you are looking for.

Trigger point massage may not be the most relaxing massage, but it's efficient. Trigger points can be so painful that it makes you want to stay away from moving the muscles affected. Massage can also help reduce your pain levels and boost your energy levels. You will be more flexible and less likely to injure yourself. Regular massages can provide lasting pain relief. Trigger point massage is a good option if you suffer with chronic or constant pain.

A trigger point massage utilizes your fingers to locate the trigger points in your body. To find the trigger point, your fingers should be moved around the massage. It is recommended to press it as intensely as you can until you reach an area of pain. You can repeat it at least five or six times a day, depending on your comfort level. A typical trigger point massage takes 30 to 90 seconds long, while the full-length session lasts from about one to one hour.

In trigger point massages, you should use a combination of movement and pressure. In addition, you should refrain from squeezing muscles in the same way. This is the best method to ensure that muscles do not contract. In doing this you will avoid putting pressure on these areas. It is important to focus on releasing the stress and pain, and then try to stretch your body as far as you can. A trigger point massage will not just aid in relaxation but will also help you feel better.

Trigger point massages may seem scary however they can be very beneficial. It does not feel like it is a relaxing massage, however it can help alleviate your pain. Apart from being more soothing, trigger point massage can also help relieve pain. You should find a trained massage therapist who specializes in trigger point massage. During a triggerpoint massage, the massage therapist employs both pressure and relaxation to work on the trigger points.

A trigger point massage can alleviate pain in the body. This massage uses pressure and relaxation techniques to reach the trigger point. While it's not the most relaxing massage, it is one of its most efficient. Trigger point pain can lead to extreme pain for a few days. To avoid any complications, it is best to consult a licensed professional. This will let you move more easily and increase your energy levels.

The trigger point massage involves gently moving trigger points around until they are released. The massage therapist will use their fingers to move the muscles within the muscle band either side of the trigger point. The massage therapist will then apply pressure to each muscle for 10 seconds. The massage therapist will then release the trigger point and let the muscle relax. A massage that is effective will allow you to sleep and to move freely. A licensed therapist will inquire you about your medical history and your physical condition.