



A PERSONAL MESSAGE

The goal of my work is to bring more optimal dynamic function to the body in a way that will be integrated for the long-term health of my client, with as little discomfort as possible.

I use numerous techniques in my work because I have found it more efficient in bringing long term healing to my clients. I believe there is no one technique that works for every body. In my experience I have found that by using different techniques on a specific client, we are able to determine what technique or combination of techniques they are most responsive to.

My first priority is your comfort.

Peter



Massage & Touch Therapy Techniques



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SWEDISH MASSAGE

Swedish massage is what most western massage therapists are trained in and what most people think of when one says massage. Swedish massage uses hand strokes of varying speeds, breadths, depths, and pressures, to bring circulation and relaxation to the body and mind. Joint mobilization and passive stretching are also often part of this therapy.

MUSCLE ENERGY TECHNIQUES

Muscle energy techniques use a combination of muscle contractions, positions, active or passive movement, and/or pressure to relax and reset or re-educate muscles. There are some 20 different techniques that fall under this heading.

SERVICES & PRODUCTS AVAILABLE

HALF HOUR OR HOUR MASSAGE

ON-SITE SEATED MASSAGE

Reduce job related stress
Increase employee morale
Boost productivity

MASSAGE GIFT CERTIFICATES

Holidays
Valentine's Day
Mother's & Father's Days
Birthdays
Anniversaries

**INSURANCE VERIFICATION PRIOR TO
APPOINTMENT, IF REQUESTED BY PATIENT**



DEEP TISSUE MASSAGE

Deep Tissue massage uses narrow and firm pressure either on a point or with slow deep strokes to separate adhered connective tissue. This is the "hurts so good" massage. It tends to be traumatic to tissues as it is tearing the tissue fiber at a microscopic level. This technique is used sparingly.

TRIGGER POINT THERAPY

Trigger point therapy focuses on a "stuck" nerve ending where it inserts into a muscle spindle (a small strand of the muscle). The nerve ending makes a small nodule and needs pressure, or a muscle energy technique, or an injection (which is not performed in this office) followed by stretching to function properly. An active trigger point can cause pain referral in specific patterns to adjacent areas of the body that have no other reason to cause pain.

CRANIAL/SACRAL SYSTEM THERAPY

Cranial/Sacral system therapy uses gentle holds and specific, very subtle pressure to release restrictions to the free movement of the bones, spinal fluid and connective tissue from the cranium to the sacrum.

Many patients find this technique to be the most deeply relaxing technique.

SPRINGING

Springing uses various amounts of pressure in an arrhythmic pattern to relax the deepest and/or finest muscles, ligaments and tendons at their attachment points without the trauma of "deep tissue" work.