

***Neuromuscular Massage*** is a form of deep tissue massage that is applied to each individual muscle. It is a great technique used to increase blood flow, reduce pain and release pressure on nerves. It is used to locate and release spasms, eliminate trigger points that cause referred pain, restore postural alignment and rebuild the strength of injured tissues. Relieving the trigger point in your back, for example, could help ease pain in your shoulder or reduce headaches. This approach brings about balance in the body's central nervous system with the musculoskeletal system. The goal is to relieve pain and dysfunction by understanding and alleviating the underlying cause. It also helps in the release of endorphins, the body's own natural pain killers.