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## Healing

Posted by attagirl - 2007/06/26 03:16

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There are four stages of healing through massage. These include: relief, correction, strengthening, and lets not forget maintenance.

The first few sessions of massage therapy are generally aimed at relief. Relieving pain, reducing muscle tension and relaxing nerves. Mainly focusing on the symptoms of the problem.

Once the pain is gone, the massage therapist will start to work on the problem that caused the pain to begin with. This is referred to as correction. Focuses on the stimulating the lymphatic system and working out knotted and scarred muscle fibers.

Next you move into the strengthening area. Working on the weak areas to build strength so that there is no re-occurrence of the problem. The idea is to build strength in the areas so they are properly supported.

Maintenance is the final stage and is considered the first step in preventing other injuries. Obviously the maintenance techniques are aimed at treating and preventing new problems.

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## Re:Healing

Posted by Rohitpatel - 2007/06/29 17:04

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Well I am very new in healing through massage and this is great post which share great information. I would do this and hoping some good results.

Thanks for information.

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## Re:Healing

Posted by drew888 - 2007/07/06 08:15

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Very informative post attagirl. Healing through massage is a unique approach. There are various different types of massage that can be utilized and if done correctly can be quite beneficial.

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## Re:Healing

Posted by saubryn - 2007/07/07 19:39

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How many sessions does it take to actually solve the problem and get to the 'maintainance' stage? After that, can you stop treatment, or do you need regular massages?

I'd love to try a massage one day, but the only way I could get them would be at a spa, so once every few months - is that worth it, or would you not see any benefit?

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## Re:Healing

Posted by hazephase - 2007/07/07 22:52

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attagirl wrote:

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Wow great info I have a would like moe info , like who would I do correction,do I do this in the next sitting Then what about strengthening how do i go about this

maintenance techniques can you expalin some that I can use thanks for the info

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## Re:Healing

Posted by sweetangel18 - 2007/10/30 00:57

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I do believe that healing massage is true because we've tried this before to my grandfather,and it works.

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## Re:Healing

Posted by MannyLirio - 2011/05/30 19:17

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I am also agree with your opinion that healing massage really works for your body. As i have also got my healing massage at this weekend and now i am feeling much better.

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