

Explanation of some of the neuromuscular techniques that are used

Muscle Energy Technique: Muscle energy technique (MET) allows either a single muscle or a group of muscles to be contracted against resistance. This enables a state of relaxation to occur (post isometric relaxation) after which the muscle/s can be brought to a new resting length.

Myofascial Release: Myofascial release is a lengthening of the connective tissue. This connective tissue, also known as fascia, is continuous throughout the body and connects all the muscles. If shortened, it can lead to pain and dysfunction.

Positional Release: Positional release entails moving the site of pain into a position of ease so that neurological resetting can occur. This can lead to a partial or total resolution of the initial problem.

Neuromuscular Technique: Neuromuscular technique (NMT) is both an assessment and a therapeutic tool. One of its aims is to deactivate myofascial trigger points. Trigger points are small, dysfunctional areas within a muscle that can refer pain to other parts of the body.

About the therapist

Mark Dudley is a fully qualified and registered Bodyworker. He trained at the University of Westminster, gaining a BSc (Hons) in Therapeutic Bodywork.

Mark is also a qualified Yoga teacher, currently teaching at Brockwell Lido, Herne Hill.

Mark also practices *Thai yoga massage* and *Indian head massage*.

He works from two centres:

The Dulwich College Sports Centre, SE21

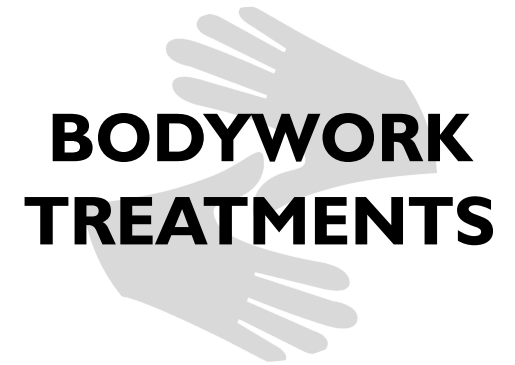
Contact Mark for appointments.

Brixton Therapy Centre, SW9

Tel: 020 7733 9944 for appointments.

Mark is a member of the Complementary Therapists Association, abiding by their code of conduct and confidentiality. He is also fully insured as a practitioner.

Contact Mark on 07813 105741
mindfulmassage@hotmail.co.uk



Neuromuscular therapy

- **for sports**
- **deep tissue work**
- **relaxation**

A holistic form of hands-on bodywork that allows musculature to return to normal function, helping the body to heal itself

Mark Dudley

BSc (Hons) Therapeutic Bodywork

Member of the Complementary Therapists Association

Benefits of hands-on work

Neuromuscular therapy uses all the benefits of a massage along with the neuromuscular work as explained overleaf. Some of the benefits are outlined below.

- Brings about a sense of well-being
- Restricted movements become easier
- Increased awareness of compensatory patterns such as tight hamstrings affecting the lower back
- Obtain relief from chronic postural habits resulting in symptoms such as stiff neck and shoulders
- Encourages blood flow and soft tissue release

There are a variety of conditions that can be treated. Examples include:

- Sciatica
- Fibromyalgia
- Lower back pain
- Repetitive strain injury

Treatments can also help anyone who has a busy or stressful lifestyle by encouraging them to take time out and relax.

What is neuromuscular therapy?

- A hands-on form of bodywork that is a two-way process between therapist and client
- Uses a variety of strokes both on a deep and superficial level to bring life to soft tissue
- Applies neuromuscular techniques to return the body to normal function
- Healing is enhanced through use of the breath and movement
- Being client-centred and present, encouraging the client to heal themselves

Neuromuscular therapy is not limited to treatment of a specific problem. Many clients enjoy a full body massage to enhance their wellbeing.

What happens during a session?

An initial consultation is taken and an assessment made. This is both visual and verbal. Pre-tests can indicate restriction, which limits range of movement. Post-tests will often be used to determine improvement.

Each session will last for one hour although longer treatments are available.

The session typically includes holistic massage to benefit the whole body.

Treatments are not exclusive to the area of complaint. Sometimes it is necessary to work away from it to obtain relief. This is where a technique such as myofascial release might be used (see overleaf).

The client may be asked to do exercises in their own time; this would be in order to generally aid improvement.