

## Remedial Massage

Remedial Massage is based on a combination of Swedish Massage and mobilisation/stretch techniques

Practitioners at the centre are:-

Robert Ainley

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Remedial Massage is a system of massage based on a combination of Swedish Massage and osteopathic style stretches. This type of massage can be used for both chronic and acute conditions, as well as maintenance of muscle tone and suppleness.

Massage is as old as humanity and many ancient cultures had sophisticated systems of massage. However, it was only in the early 19th century that a Swede named Henreich Ling developed a scientific system of massage based on physiology. This became the basis of a standardised treatment which we know as Swedish Massage.

Osteopathy is a technique involving specific stretches to unlock joints which are out of alignment or jammed. Once thought to be on the fringe of modern medicine, it is now used all over the world as its benefits become more well known. This discipline is now widely accepted by the established medical profession.

By combining these two treatments, a new and gentle yet powerful form of treatment is created. Deeply relaxing massage followed by general stretches to release joints and ease spasmed muscles. Because the body is relaxed the adjustments are painless and long lasting.