

Condition For Life™

Chiropractic ♦ Rehabilitation ♦ Functional Retraining



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The **Massage Therapy** at Condition For Life is not the ordinary Deep Tissue Massage found at other Chiropractic offices, but an orthopedic form of bodywork that incorporates various manual techniques designed to: decrease pain, promote healing, improve function, prevent injuries and enhance performance. These techniques include:

Muscle Inhibition/Activation Techniques

- Resets muscle length and tension which increase flexibility, joint stability and can dissolve painful trigger points.
- Increases muscle fiber recruitment that strengthens weak muscles.

Joint Mobilization

- Lubricates joints which reduce irritation of pain receptors.
- Facilitates nutrient exchange promoting cartilage regeneration.
- Breaks up scar tissue adhesions on capsule to improve range of motion.

Myofascial Release

- Decompresses tissue which can impede the free movement of blood, lymph, nerve impulses and cranial bones.
- Elongates chronically contracted tissue that can negatively effect posture.
- Hydrates tissue to improve cellular metabolism.

Friction Therapy

- Remodels scar tissue on muscles, tendons and ligaments improving function.
- Promotes collagen synthesis to strengthen tendons and speed the healing of ligaments.
- Releases endorphins that decrease pain.

Lymphatic Facilitation

- Reduces swelling to decrease pain and stiffness.
- Improves immune function by increasing white blood cell activity.
- Speeds the assimilation of fat-soluble nutrients improving cellular function.

(People with certain conditions such as lymphedema, cancer and cardiac insufficiency require a practitioner with advanced training and certification in Manual Lymphatic Drainage which I do not have. MR)