

Stillpoint Body Therapies

Massage Therapy

Carol Pearson has over 16 years experience as a licensed massage therapist, using Swedish massage with deep tissue work for a treatment that will leave you feeling relaxed and rejuvenated. Swedish massage uses a system of long strokes, kneading and friction techniques on the more superficial layers of the muscles, combined with active and passive movements of the joints. Deep tissue massage uses slow strokes and deep finger pressure on contracted areas, either following or going across the grains of muscles, tendons and fascia. Carol also utilizes a variety of other techniques, tailoring each session to what a client needs. She is committed to listening to you and what areas you need addressed, then giving you a deeply relaxing, therapeutic massage, in a quiet setting of stillness and peace.

Pregnancy and Labor Massage

The journey toward motherhood is a wonderful time to receive regular bodywork. Much of the work is done in the safest position possible, side-lying, with you, the mother-to-be, comfortably supported by various pillows and cushions. Massage can relieve many of the discomforts you may experience, both before and after the birth, while helping you relax and increase your energy. Massage can also:

- *Relieve pain in muscles, especially in the low back and hips, as your body is adjusting to the growing shift in your center of gravity.
- *Ease constipation, gas and heartburn since massage stimulates intestinal movement.
- *Relieve tension headaches when you can't or don't want to use medication for pain relief.
- *Reduce excess swelling by gently moving fluid toward the heart for eventual elimination.

During labor, your therapist can provide counterpressure on the low back and sacrum when you are having contractions, and help you stay relaxed at all other times. There is growing evidence that a relaxed mother during labor has more productive contractions, often with a speedier birth overall, with less chance of the need for a caesarean section. You may wish to get massaged in the early stages of labor until you can receive an epidural, or you may prefer to use massage throughout the entire labor and delivery. Whatever your wishes, massage therapy can be a tremendous help to you, your spouse and your baby during labor. Couples often report a deep level of satisfaction with their whole birth experience when there is a massage therapist present.

The weeks after your baby's birth is an important time to take care of your body as it undergoes many changes back to the non-pregnant state. Postpartum massage can help reduce stress and increase energy as you adjust to caring for your newborn. A massage session then can provide a wonderful time to stop and exhale (or just sleep!), and celebrate the amazing miracle of life your body has just created.

Neuromuscular Therapy (Also known as Trigger Point Therapy)

Neuromuscular Therapy is a method that applies concentrated finger pressure to trigger points to break cycles of spasm and pain. A trigger point is an area of low neurological activity that, when stimulated or stressed, transforms into high neurological activity which then refers sensations to other parts of the body. The referral pattern may include pain, tingling, numbness or itching. A Neuromuscular Therapist is trained in protocols that isolate muscles to find and release hidden trigger points. The end result is an elimination of spasms and hypercontraction in the affected soft tissues. Neuromuscular Therapy can help with sciatica, migraine headaches, hip pain, neck pain, low back pain, carpal tunnel syndrome, TMJ dysfunction and whiplash.



~Emma, the friendly assistant