

# Therapeutic Massage by Lucy

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*Sessions available at this location:*

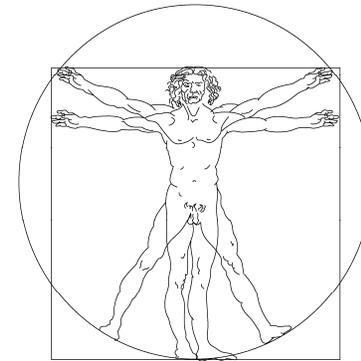
*Georgetown Office Community*

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## **What is Neuromuscular Therapy?**



**Neuromuscular therapy is defined in the student manual at the Academy of Somatic Healing Arts as:**

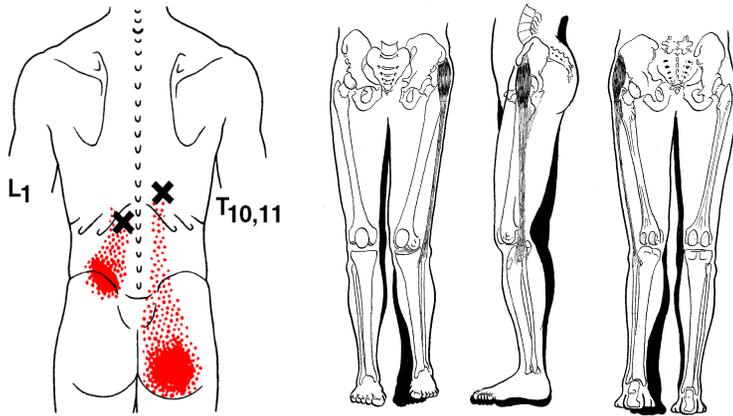
**“Neuromuscular Therapy (NMT) is a scientific theory based on recognized physiological laws and associated principles. The goal of NMT is to achieve homeostasis between the nervous and musculoskeletal systems. It combines the scientific applications of properly applied pressure, gentle ranges of motion and stretches for the purpose of relieving pain, normalizing muscle tone, restoring postural balance and achieving restorative benefits for the entire system”.**

**So what does this mean, and why would I need it?**

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**Neuromuscular Therapy sessions are a little bit different than a typical massage session. Your therapist will assess you by means of your complaints, history, medical diagnosis, injuries, activities, and by taking measurements. Testing may include evaluating your posture, range of motion, muscle strength testing, observing how you walk, visual assessment, measuring your hip height and pelvic alignment, and by how your muscle tissues feel. Communication with your therapist is very important before, during, and after treatment.**



**Neuromuscular therapy techniques are not experimental. Many years of research have been devoted to this work. Although different than a general massage, your treatment sessions may consist of Swedish massage, gentle ranges of motion and stretching, myofascial release, heat or cold applications, slow gliding strokes, various pressures, and NMT protocols. Treatment will include a plan of care for that session, and any continued care. Problems may resolve in one treatment, or may need several sessions. Care is goal-outcome oriented. Suggestions may be given for exercises or stretching for you to do, modifications for your work station, or vitamin/nutritional supplementation. It is also very important to drink water after NMT work has been done, as some of the work is deep tissue and can facilitate tissue detoxification. Water helps to flush this out.**

**NMT is a form of massage therapy that is beneficial in treating a variety of pain issues, diagnoses, and structural imbalances. Examples of these are—**

**Activity and sports injuries  
Back pain  
Calf pain and cramps  
Carpal tunnel syndrome  
Fibromyalgia  
Foot drop  
Forward head posture  
Hammer toes  
Headaches  
Joint pain and stiffness  
Leg pain and calf cramps  
Myofascial pain conditions  
Muscle soreness**

**Neck/Shoulder pain  
Piriformis Syndrome  
Plantar Fasciitis  
Postural distortions  
Repetitive use injuries  
Scoliosis  
Shoulder & Rotator Cuff  
Sprains, strains, stiffness  
Thoracic Outlet Syndrome  
Tilted pelvis and uneven hips  
TMJ  
Trigger points  
Whiplash injuries**

**NMT works well in conjunction with medical and chiropractic care, physical therapy and rehabilitation, pain management, sports activities, and personal training,**

