

Therapeutic Massage by Lucy

Lucy Dean, LMT, NMT, MMT

469-231-2911

www.massagelucy.com

massagelucy@verizon.net



Sessions available at this location:

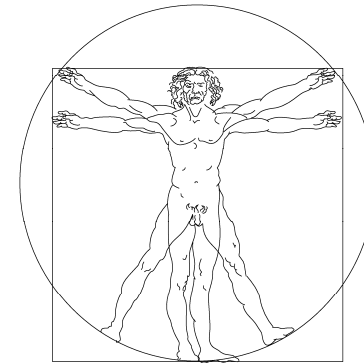
Georgetown Office Community

17766 Preston Rd. #108

Dallas, TX 75252

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What is Neuromuscular Therapy?



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

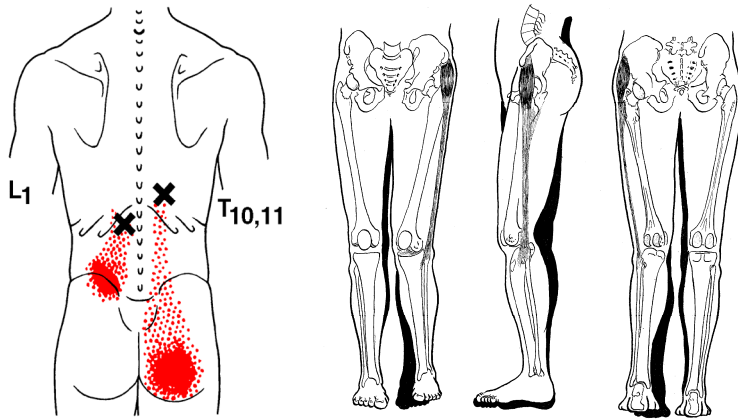
“Neuromuscular Therapy (NMT) is a scientific theory based on recognized physiological laws and associated principles. The goal of NMT is to achieve homeostasis between the nervous and musculoskeletal systems. It combines the scientific applications of properly applied pressure, gentle ranges of motion 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,

