

What is Deep Tissue Massage?

Deep Tissue Massage is a style of massage that releases tension in the deepest muscular layers of the body. These tensions perpetuate pain and stiffness especially in the lower back, hips, neck and shoulders. Deep Tissue Massage offers the same benefits of regular massage, such as relaxation, but at the same time is extremely therapeutic.

What are the causes of these deeply held tensions within the muscles?

Old injuries, poor posture and stress create and continue to perpetuate sore, tense muscles.

What is a Deep Tissue Massage treatment?

Your therapist combines advanced deep tissue techniques such as Trigger Point Release, Myofascial Release and Remedial Massage to expertly release these deep layers of muscular tension, tender points, knots and break down adhesions between muscular layers to bring your muscular system back into balance.

The benefits of remedial massage

- + Dramatic reduction in muscular tension and stiffness
- + Ease of movement
- + Improved posture
- + Improved sporting performance
- + Mind/body harmony
- + Profound longlasting results

Biography

Chris has been in private practice since 1998 and holds Diplomas in Craniosacral Therapy, Nutrition and Remedial Massage; He has undertaken extensive training with world leaders in Myofascial Release and Craniosacral Therapy.

Chris O`Brien has developed trainings in both Remedial Massage and Myofascial Release Therapy. He continues to teach in major international colleges as well as to established health professionals.

BOOK A TREATMENT

Your therapist will recommend a series of treatments that are precisely tailored to your individual needs.

Call 0405 386 256 or visit our website
www.myofascialreleasetherapy.com.au

The Sydney Myofascial Release Centre

Free body

Clear mind

Open heart

Our Mission

The Sydney Myofascial Release Centre is dedicated to providing the highest quality treatments while supporting our clients toward reaching their full potential in health and wellbeing.



Myofascial Release Therapy

Myofascial Release Therapy is an advanced hands-on bodywork technique that works on releasing restrictions in the myofascia. 'Myo' refers to muscle, 'fascia' refers to the web of connective tissue that connects and surrounds every muscle, organ, bone and nerve in the body. Myofascial Release techniques relieve tension and pain by releasing and lengthening both muscles and fascia.

Poor posture, chronic inflammation, overuse and trauma such as accidents or surgery can cause fascia to become inflexible, restricting natural movement. Prolonged tension from stress or emotional upset can also contribute to fascial restrictions.

Myofascial Release is especially effective for relieving stiff neck, chronic headaches, lower back and shoulder pain.

Treating pain at its source

When the fascia becomes restricted it can pull areas far from the original injury which can cause discomfort in seemingly unrelated areas. For example, pain in the neck may have its source in the lower back. An experienced Myofascial Therapist can locate and release the source of your pain. With Myofascial Release, you may find relief not only from temporary tightness, but long held tension as well.

Craniosacral Therapy

Craniosacral Therapy is a gentle bodywork practise that employs a light touch to correct and harmonise the craniosacral system. The craniosacral system includes the bones of the cranium (head), the dura mater (connective tissue that surrounds the spinal cord) and the sacrum (base of spine). These structures house and protect the brain, spinal cord and cerebrospinal fluid. The goal of Craniosacral Therapy is to release and correct restrictions in the craniosacral system which leads to positive changes throughout the body.

Craniosacral Therapy is extremely effective in the resolution of a multitude of conditions because it lifts the deep imprints of stress out of the nervous system.



Why Craniosacral Therapy?

Craniosacral Therapy works on a profound level of healing to support healthy changes in all the body's systems, including:

THE NERVOUS SYSTEM

The craniosacral rhythm is created by the movement of cerebrospinal fluid that continuously ebbs and flows in the space around the brain and spinal cord. Craniosacral Therapy releases tension that blocks the craniosacral rhythm. This unblocking deeply calms the nervous system, with far-reaching effects. Stress related conditions often improve, including anxiety, insomnia, depression and headaches.

THE MUSCULOSKELETAL SYSTEM

Craniosacral Therapy is very effective in treating and healing painful clicking jaw, stiff neck, muscle spasm, headache, migraine, cluster headaches and lower back pain.

*“This is the best
my body has
felt in years...”*

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