

'Deep Connective Tissue Massage'

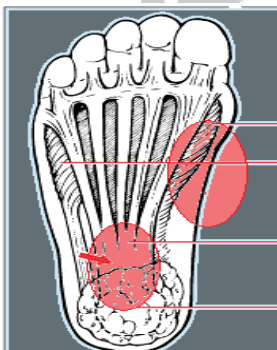
Deep Connective Tissue Massage (DCTM) concentrates on the deeper layers of muscles and connective tissue. Areas of tension are focused on using firm kneading and stroking techniques, manipulation and stretching of the muscle and surrounding soft tissue. After warming the area via heat pack a series of intensive massage techniques are used to manipulate sore, tight muscles and the connective tissue that holds them in.

What is Deep Connective Tissue Massage How does DCTM work?

DCTM restores length and flexibility to the fascia and connective tissues. DCTM works by increasing circulation to poorly oxygenated areas, releasing built-up toxins. It is performed with the intention of lengthening connective tissue and freeing adhesions or 'knots' in muscles. DCTM may help to free entrapped nerves, and allows joints to relax and may aid in their realignment. Release of muscular tension results in claiming of the mind, which can lead to a deep state of relaxation.

How do we use DCTM in the treatment in our clinic?

DCTM is utilized as one step in a multi-fascist management plan for a variety of conditions. DCTM is commonly used in conjunction with a number of other podiatric management strategies which may include; strapping, stretching, orthotic therapies, and footwear Education.



What type of injuries do we use DCTM on?

DCTM is used for treating chronic conditions including;

Heel pain (*Plantar fasciitis, Achilles tendonitis / tendinosis*)
Specific muscle overuse or injury in all parts of the leg.

How many sessions do patients generally require?

Patients will require 6-8 weekly treatments. You generally feel initial improvement after the first treatment however from treatments 2-4 patients may not notice as significant changes. By the 5-6 treatments patients again note improvements in their condition. After each session a vascular effect will be present (bruised-like appearance of the treated area) this is not uncommon.

Cautions - DCTM should not be performed on patients with; inflammatory conditions, blood clotting disorders or patient on anticoagulant drugs, patients with history of aneurysms, thrombosis, or patients with fragile skin or active cancer.

PLEASE NOTIFY YOUR PODIATRIST IF YOU HAVE ANY OF THESE.

A Step Ahead Podiatry is Western Sydney's leading foot and ankle clinic. Our highly skilled team are equipped to treat and assess all your foot and ankle needs. Why not call now to confirm an appointment time or check us out on the net.

