

deep tissue massage -

A group of massage techniques designed to access multiple layers of muscle and fascia to improve alignment, reduce levels of resting tension, and create more efficient postural and movement patterns.

myofascial release -

Myofascial release is a soft tissue therapy for the treatment of skeletal muscle immobility and pain. First described by [Andrew Taylor Still](#) and his early students,^[1] the therapy relaxes contracted muscles, improves blood and lymphatic circulation, and stimulates the stretch reflex in muscles.

sports massage -

Also known as manual therapy, manipulative therapy, or manual & manipulative therapy, this is a physical treatment primarily used on the neuromusculoskeletal system to treat pain and disability. It most commonly includes kneading and manipulation of muscles, joint mobilization and joint manipulation.

trigger point therapy -

Sometimes confused with pressure point massage, this involves deactivating [trigger points](#) that may cause local pain or refer pain and other sensations, such as headaches, in other parts of the body. Manual pressure, vibration, injection, or other treatment is applied to these points to relieve myofascial pain.

Trigger points were first discovered and mapped by [Janet G. Travell](#) (President Kennedy's physician) and [David Simons](#). Trigger points have been photomicrographed and measured electrically and in 2007 a paper was presented showing images of Trigger Points using MRI. These points relate to dysfunction in the [myoneural junction](#), also called [neuromuscular junction](#) (NMJ), in muscle, and therefore this modality is different from reflexology, acupressure and pressure point massage.