



Neuro Muscular Release Therapy FAQs

Who?

People who have chronic muscle tension or are recovering from an injury

What?

A combination of NeuroMuscular Therapy and MyoNeuroRelease Therapy

Why?

Once a trigger point has formed, the muscle needs to be reminded how to get back to a lower level of tension. It is less invasive yet equally as effective as deep massage.

When?

If your muscles have become chronically tight and developed trigger points or have tightened up due to an injury

Where?

Bitterroot Massage is located in a home office in Hamilton, MT. Off-site massages / home visits are also available upon request.

How?

During a massage session clients will:

- Remain fully clothed or, in private, remove clothing and/or undergarments to client's level of comfort. Client will then lie under sheets on a comfortable memory foam therapy table or will sit in the specialized seated massage chair.
- Be fully covered by sheet drapes (and blankets as needed) except for the body part being worked on
- Feel the practitioner's hands (or massage tools) rub the client's muscles in forward, backward, crosswise or circular motions with or without scented or unscented massage creams or oils
- Hear relaxing background music (silence will be honored if desired)

NeuroMuscular Therapy Reviews *"That massage really helped my neck relax for longer periods of time so I do not have to visit the chiropractor as often."* D.B.