

Muscle Release Therapy, MRTh® at LifeWorks

What is Muscle Release Therapy?

Muscle Release Therapy is a type of massage that restores postural balance to the body by releasing abnormal muscle and soft tissue tension. As the therapist assists the client's body to return to its natural, neutral postural position the client will experience a reduction in pain and discomfort in movement and at rest. It is recognized by the Association of Bodywork and Massage Professionals as a trademarked modality.

How does Muscle Release Therapy work?

The therapist encourages tissue that is traumatized, either by sudden injury or repetitive motion, to relax back into a neutral posture. This removes any abnormal adaptation and compensation patterns that have developed and are actively causing pain. The next time a demand is placed on the muscle to move, it will respond by moving in the way it was intended to move, thus releasing the strain on the entire body and enabling movement with less discomfort.

Why does Muscle Release Therapy work?

Muscle Release Therapy® works because it treats the *causes* of pain rather than the *symptoms* of pain. Our bodies constantly adapt to keep us balanced and moving (or just fighting the force of gravity) despite injury or repetitive use. This often results in complex compensation patterns where the body uses muscles in ways for which they were not intended. Over time this causes pain and discomfort in parts of the body that aren't necessarily the causes of the pain but rather exhausted and misused areas that are compensating for the original deficiency. Muscle Release Therapy evaluates the entire body and works to uncover the initial sources of discomfort. The symptoms of pain can then be released by removing its causes and bringing about balance in the body.

How is Muscle Release Therapy different than traditional massage?

During a Muscle Release Therapy treatment, the therapist works to assess the entire body and then treats the muscles by influencing the nervous system to bring about postural balance. The techniques used are gentle and work in concert with the body's subconscious internal balancing mechanisms. This differs from traditional massage in several ways. First and foremost, Muscle Release Therapy removes the cause of pain rather than simply applying pressure to the site where the client is experiencing pain. While applying pressure and gliding movements to the area where the pain is being experienced feels good, if the underlying problem is not addressed then the results that general massage offers may be short lived. When it comes to dealing with pain, Muscle Release Therapy offers more complete and longer lasting results than general massage. Secondly, Muscle Release Therapy works with your body rather than against it. By gently accessing and working with the nervous system, the therapist assists the client's body into a neutral posture by listening and responding to what the client's body is naturally trying to do. This eliminates the possibility of post-treatment trauma or injury that is associated with aggressive forms of massage and bodywork.

Muscle Release Therapy helps those suffering from acute and chronic pain including:

Arthritis	Fibromyalgia	Knee Replacement	Sports Injuries
Back Pain	Frozen Shoulder	Pinched Nerve	TMJ
Bursitis	Headaches	Plantar Fasciitis	Tennis Elbow
Car accidents	Hip Pain	Over-Use Injuries	Whiplash
Carpal Tunnel	Hip Replacement	Pregnancy	Neck Pain
Computer posture	Knee Pain	Sciatica	

**To ask a question or to schedule an appointment for Muscle Release Therapy with
Angel Velotta L.M.T., call 440-816-4202.**



Testimonials

"Words cannot describe how much Muscle Release Therapy has helped me. I feel like a new person able to do things that I had given up doing. I had a lot of pain in my right hip. It was difficult to stand for any length of time and walking could be very uncomfortable so I did as little as possible. After having about four one hour sessions of Muscle Release Therapy, last week I was able to stand for two hours selling lemonade at a fund raiser. I was so comfortable that I didn't realize I did it until after the function was over and I thought about how long I stood.

Recently, I happily got on my hands and knees and scrubbed the tub. Thank goodness Angel was able to use this procedure on me."

-Marsha, Fairview Park

"I had been suffering from a painful knot in my back for years. I always assumed kneading it out was the best course of action. After spending 10 minutes with Angel, the knot was gone. Instead of working directly on the knot, Angel went to the actual source and released a muscle that was causing the problem all along. I was so impressed and grateful!

During our next session I told her that I had been experiencing a tingling sensation in my left hand. Angel asked me a series of questions, which led her to the source of the problem. After using Muscle Release Therapy to treat the issue, I felt a partial immediate relief and by the next day complete relief. I can't say enough about Angel and the results from Muscle Release Therapy!"

-Grace, Avon Lake

"I sit at a computer all day long and have the very bad habit of hunching up my shoulders around my ears. This tends to cause a variety of problems such as pain at the base of my head, in my neck, my shoulders and down my arms. Over the years, I have sought a number of different therapies to help me deal with this pain. Muscle Release Therapy has by far been the most effective technique, offering instant and lasting relief.

Angel is the most knowledgeable and effective practitioner I have been to, treating her patients with respect, focused attention and genuine concern to get them well again. I constantly recommend Muscle Release Therapy now to anyone who has chronic or acute pain, whether it is from a recent or old injury. I couldn't be happier with the results!"

-Christine, Willoughby

"After leaving my first Muscle Release Therapy session with Angel, I had to adjust my rearview mirror. My posture was that much better!"

-Joanne, Olmsted Falls

"I had been suffering from plantar fasciitis, a painful foot condition, since 1997. Cortisone shots did not help. I took prescription pain medication, which upset my stomach and only helped a little. I switched to over-the-counter pain relief, which only gave partial relief. I couldn't be steadily on my feet for any length of time before I had to get off them. This interfered with ordinary shopping, walking for exercise, etc. After one half hour Muscle Release Therapy session with Angel, the pain in my feet was gone. That night, for the first time in years, I slept without pain and woke up feeling rested. The therapy has been so effective that I haven't taken pain pills since, and that was six months ago! I am amazed by the results! Now I go for massages just because they keep me feeling good and I'm back to walking for exercise and enjoyment. Pretty amazing! Thanks, Angel!"

-Diana, Strongsville

