

Soft Tissue Recovery

Soft tissue refers to muscles, ligaments and tendons throughout the body.

Any time the body experiences a soft tissue injury it gets out of balance and its normal gait and posture. Scar tissue (adhesions) develops and can grow and get attached to nerve tissue, organs, and bony structures.

Sprains and strains are considered soft tissue injuries. Sprains are damages to either muscles or tendons. Strains are referred to overstretched ligaments. When any of those body structures are getting injured, the body responds with an inflammatory process.

Massage can relieve muscle tightness and improve muscle function, decrease scar tissue and pain associated with muscular conditions. Working on “fascia”, which is connective tissue imbedding bones, muscles, tendon, ligaments as well as organs. It’s the continuous web throughout the whole body.

Ranges of Motion (ROM), active or passive and stretching together with deep tissue work can make a tremendous change in somebody’s healing progress.