

**October 20 – October 26, 2024**  
**Massage Therapy Awareness Week**



**Massage Therapy Awareness Week is designated to help promote the health benefits of Massage Therapy!**

Did you know, Advanced Primary Care offers Massage Therapy?

Bill Melathopolous, our Registered Massage Therapist has been with Advanced Primary Care since July 1, 2016. Bill attended Alberta Massage Training Institute (2011) and the Turner Institute of Orthopedic Massage (2013) and is a member in good standing of the Natural Health Practitioners of Canada (NHPC).

Massage Therapy can be relaxing, promoting mental and physical health. Bill has enjoyed extending his practice with a variety of skills: Thai Foot Reflexology, Fascial Decompression, IASTM (Instrument Assisted Soft Tissue Mobilization), Cupping and Mindful Meditation Massage. Bill has been able to help patients with pre and post operations, migraines, MVA's (motor vehicle accidents), sciatica, lower back pain, and regular wear and tear on the body.

When Bill is not practicing massage therapy, Bill remains a busy lifestyle sporting volleyball, wallyball, hiking, practicing regular meditation and watching movies.

## Massage Therapy Techniques

Bill grounds his practice in massage therapy with the assumption that patients are looking for relaxation and tension release. He guides his treatment using questions: How are you feeling, any issues currently, and why have you come in today? With this information, he determines what techniques he uses during his treatments.

Here are four basic techniques Bill uses during the treatment:

### 1. EFFLEURAGE (Gliding Strokes)

Effleurage is the application of unbroken gliding movements that are repeated and follow the contour of the client's body. Effleurage is used to introduce touch and for applying lubricant. It is excellent for assessing and exploring surface and underlying tissues. (Salvo 2007: p. 145)

### 2. PETRISSAGE (Kneading Strokes)

Petrissage consists of a cycle of rhythmic lifting, squeezing, and releasing of tissue, working parallel to the muscle fibers. Petrissage is the stroke of choice to milk the tissue of metabolic wastes and draw new blood, oxygen into the tissues, stretches and broadens tissues. (Salvo 2007: p. 153)

### 3. TAPOTEMENT (Percussive Strokes)

Technique variations are tapping, pincement, cupping, pounding, and clapping. Benefits of this technique are: Stimulate nerve endings, initially, becoming more sedative if continued; Aid in decongesting the lungs by loosening and mobilizing phlegm in the respiratory tract; Tone flaccid muscles; Increase local blood flow. (Salvo 2007: p. 163)

### 4. MYOFASCIAL DECOMPRESSION

Fascia? Tissue that surrounds and infiltrates muscles joints, bones and the body in general. (Paccagnan 2021: p. 3)

Myofascia? The fascial matrix as it relates to muscle. The fascia wraps around and makes up muscle in its continuous head to toe, front to back, side to side web. (Paccagnan 2021: p. 3)

With the use of slow and methodical pressure (mild, firm) the Myofascial Release (MFR) occurs. Applied force changing interface between fascia, also known as the ground substance, from a gel state to a more slippery liquid state. (Barnes 2001, Jenings 1999, 2000)

### References to Massage Therapy Techniques:

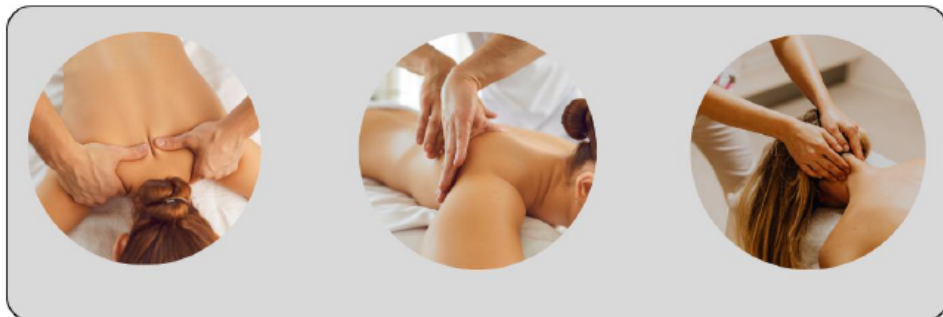
Salvo, Susan G., “Massage Therapy: Principles and Practice”, 3rd edition, Saunders Elsevier, 2007, p. 145, 153, 163.

Paccagnan, Denny, RMT, “Fascial Decompression Workshop”, Seminars for Health, 2001, p. 3.

**If you’d like to meet Bill and receive a complimentary 5-minute chair massage before or after your appointments, please let us know! Bill is available in the clinic on Tuesdays and Thursdays.**

**60 Minutes \$95.00 + GST / 90 Minutes \$135.00 + GST**

**Massage Therapy Packages Also Available**



**Direct Billing Available to Most Insurance Companies!**

**Call 403-375-8900 to Book**

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