

Halifax Massage Therapy

Halifax Massage Therapy - Manipulation of the visceral organs is a manual treatment which works on the visceral organs of the body that includes the heart, liver, intestines, and abdomen. Once the first evaluation has been completed, the hands of the practitioner will be lightly placed on the organs which can be blocked and are not moving with the normal rhythm of a person's body that could cause some form of physiological impairment. The goal of this particular treatment is to have normal motility and mobility, natural tissue motion of the tone and viscera. Our bodies require normal movement to be in good physical shape and perform at an optimum level. When tissues become infected or inflamed, they are known to lose natural motion.

The pulling and pushing of all the adjoining tissue is defined as mobility. The visceral organs will move in reaction to involuntary or voluntary exterior forces. Impairment or improper functioning of the organ will mean limitation.

The kinetic expression of the tissues in motion or the organs active, intrinsic motion is actually known as Motility. Inscribed in the visceral tissues are the embryologic axes and directions of these movements and they happen round a point of balance and moves toward the median axis of a person's body. This is referred to as expir and inspir, and cycles between seven and eight cycles per minute. The very goal of improving organ function and bringing back better physiological movement is obtained by way of utilizing particular techniques in order to treat areas of altered or decreased movement.