

## CONNECTIVE TISSUE RELEASE

### What is connective tissue release?

- Connective tissue massage treats the body as a whole rather than focusing on specific areas, removing myofascial restrictions to aid circulation and mobility.

### What are the benefits?

- Improvement in the circulatory and nervous system.
- The stretching of the myofascial layer improves mobility.

### Are there any risks/contraindications?

- Dehydration. The client should rehydrate following the treatment.

### How is the technique carried out?

#### Protocols:

- Remove any oils on the skin to facilitate the ability to stretch tissues.
  - Use a flat hand and only sufficient enough pressure to establish a secure contact.
  - Maintaining this pressure, the contacted tissues should be pushed slowly in different directions to determine any restrictions in movement.
  - Once a restriction has been detected, hold the tissues at this point of stretch until changes in its properties have occurred. Although this time is variable, 30 seconds will normally suffice.
  - Once the entire chosen area has been treated in this manner, the SMT should then seek any adhesions which lie deeper.
  - Place the tips of the thumbs together, whilst still maintaining contact with the client with the heel of each hand.
  - Use the pads of the fingers to 'pinch' together the skin and fascia, forming a roll of tissue between thumbs and fingers.
  - Without losing contact or varying pressure, the hands are then rotated inwards. This causes the skin/fascia to form a crescent shape. This position should be held until the tissue responds.
  - Grasp the tissues in the same way (i.e. between fingers and thumb), but rather than just holding this position, the fingers are 'walked' across the area (effectively 'rolling' the tissues) until a restriction is found.
  - The position is then held until the tissues respond.
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