



Donavan Polymise M.T. Dip

Sports and Remedial massage practitioner

By Appointment Only

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REMEDIAL MASSAGE:

I like to refer to my remedial sessions as “Isolative Pain Management Therapy”. The first thing I do with every client is to go through a series of questions to help identify:

- a) Area of disorder,
- b) Actions or activities inhibited,
- c) Tissues affected,
- d) Most effective treatment strategy.

Therefore in my practice I work on a wide variety of chronic and acute soft tissue disorders including strains, sprains, entrapped nerves, and general muscle tension. The techniques, intensity, sequence, and repetition varies based on what is to be achieved at the end of every session. Touch could be very light to very deep. A session may also involve energy work.

Because it is a hands-on modality clients may feel immediate results, but in most cases my complete care goals are best achieved after a few sessions

SPORTS MASSAGE:

For the most part sports massage (SM) is geared towards the athlete and active individuals. As a modality SM can be broken down into the following categories:

1. Pre-event
2. Post-event
3. Maintenance
4. Rehabilitative

The strokes and intensity differ between these categories. For example a pre-event SM, done 15-45 minutes before an event is short and stimulating. It prepares the body for intense activity by focusing on the muscles to be used. Specific strokes will bring increased blood flow, raising oxygen levels and flexibility.



On the other hand post-event SM, done 1-2 hours after vigorous activity is an effective tool to address muscle discomfort. This is done mainly by helping to reduce build-up of metabolic wastes and ischemia, prevent cramping, and establishing homeostasis. The strokes used in this case focuses on flushing and relaxing the muscles.

In the maintenance aspect of SM I would work with individuals during a training programme. The main goal would be to keep muscles flexible and healthy thus preventing injuries, and enhancing performance.

Rehabilitative SM focuses on the restoration of tissue function following an injury. This helps with the reduction recovery time, swelling, and increasing range of motion.

I have tailored my treatments to suit a spa environment, mainly because of the diverse athletic activity backgrounds of my clients. A general sports massage with me will leave a client invigorated, with a long lasting effect. The shaking and range of motion techniques gives the body just the right boost to jump start a vacation after a long trip to get here.

DEEP TISSUE MASSAGE:

Deep tissue massage is a great treatment to address imbalances situated below the superficial layers of muscles. Deep tissue manipulative strokes are used to locate and stimulate trigger point releases deep within the muscular structure. Ideal for releasing knotted muscles and breaking down of scar tissue.

- Firm pressure
- Deep penetrating
- Reduces scar tissue and adhesions
- Leaves a feeling of deep relaxation

