

SHIATSU

Shiatsu is a unique, non-invasive therapy designed to stimulate the body's inherent ability to heal itself. Literally translated, the Japanese word shiatsu means "finger pressure." Shiatsu therapy involves the systematic application of manual pressure to the body in order to assess and treat a variety of conditions. Shiatsu treatments have a regulatory influence on the autonomic nervous system, thereby improving organ function and reducing muscle tension.

Shiatsu therapy is a distinctly Japanese contribution to holistic healthcare and has evolved out of 3,500 years of oriental medical wisdom. It is founded upon the same principles as acupuncture, although no needles are used. It also incorporates the modern Western sciences of anatomy, physiology and pathology. Shiatsu therapy has been fully incorporated into the modern public healthcare system of Japan, and has been regulated as a distinct therapy by the Japanese Ministry of Health since 1964.

Shiatsu therapy is effective in the management of many acute and chronic conditions including:

- headaches/migraines
- back pain
- neck and shoulder pain
- sciatica
- carpal tunnel syndrome
- thoracic outlet syndrome
- repetitive strain injuries
- muscle tension and spasm
- insomnia
- constipation
- digestive problems
- menstrual problems
- chronic fatigue syndrome
- fibromyalgia
- arthritis
- asthma
- anxiety and depression
- sports injuries



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After treatment, most people experience relief from their discomforts—relief from pain, increased flexibility, calmer mood, and clearer mind. Many people find that deep, restful sleep comes more easily for several nights. A small percentage of people may feel tired or headachy for a few hours, or may temporarily experience minor localized muscle stiffness. This is a normal reaction to the treatment as the body readjusts and rebalances and will pass within 1 to 3 days.

A shiatsu treatment may be performed on a thick floor mat, or on a low treatment table. As no oils or lotions are used, you are requested to wear loose comfortable clothing. At the initial treatment, a complete medical history is taken along with a thorough assessment of your condition. Progress and changes are recorded at each subsequent visit. Treatments are offered in 30, 60, or 90 minute sessions.

During treatment, the therapist applies sustained pressure to the body surface. The amount of pressure applied is always dependent on your individual condition. A Shiatsu Therapist has knowledge of the physiologic and pathologic process of the body and is able to ascertain when treatment is indicated or contraindicated, if cautions are required and whether referral to another health care professional may be indicated.

People of all ages, including infants, children, athletes and the elderly, experience lasting beneficial results from therapeutic shiatsu treatments. Clients are encouraged and supported in incorporating a health-enhancing lifestyle and to take an active role in ensuring their good health.



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