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TENSION RELIEF



## A Case Of Tension:

### Situation

An estate agent client came to me after suffering from pains across her shoulders particularly the right one, which had progressively worsened over the last year. The pain was particularly intense when driving. She had put the cause down to carrying heavy portfolios as a student. After postural analysis I noticed how drawn upwards her shoulders were. The muscles had become locked in a position of contraction.

### Method of relief

Over a period of 5 sessions of [deep tissue massage](#), I massaged progressively deeper down the sides of the neck, shoulders and down between her shoulder blades. I showed my client neck stretches to be performed 3 times daily with a breathing routine. I finished the sessions by showing the client strengthening exercises for the neck and shoulder muscles.

### Results

Over the weeks the muscles become more pliable, the stretches in break periods at work were particularly effective in relieving the pain. The cycle of tension, pain, and more tension had been broken. My client now has monthly maintenance massages to aid release of tension and increase movement around her neck and shoulders.

### Contact Us

*'With an average of 40 days of unpaid overtime worked a year, Britons work the longest hours in Europe. Long hours and a heavy workload can cause stress. In 2008/09 about 415,000 people in the UK reported work-related stress at a level they believed was making them ill.'* [NHS Choices](#)

Don't become a statistic contact us to break the pain cycle.

Warm regards,

Clive Sinclair

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