

Bindegewebsmassage or Connective Tissue Massage

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Bindegewebsmassage was originated by a woman named Elisabeth Dicke, a German physical therapist in 1929. As she was experiencing an immense amount of pain throughout her lower body she began to massage herself in pulling strokes around her sacrum and pelvic area. She felt the sensation of a warm knife cutting and pulling through her inelastic areas and eventually her pain diminished.

Bindegewebs translates into binding web in German.

Bindegewebsmassage more easily known as connective tissue massage (CTM) is a specific application with no oil to stimulate the autonomic nervous system and to offer a technique that directly affects the many layers of connective tissue found throughout the body.

The autonomic nervous system (ANS) helps the internal environment of the body maintain stability between sympathetic (fight –or-flight) and parasympathetic (conserving and restoring energy) nervous system.

This type of massage has a beneficial stimulation effect on the circulatory system by loosening up restricted areas of flow.

For instance, imagine a washcloth jammed into your kitchen sink.

What happens to flowing water?

It stops or has a minimal trickle and may ultimately cause a backup and a mess in the kitchen.

The same concept applies for our bodies, when the connective tissues become congested the interstitial fluids that provide the cells of the body with nutrients and a means of waste removal, are not flowing properly, which in turn may cause stiffness, pain, physical dysfunctions, etc.

CTM can also be applied to the face and neck for a “Facelift”.

The experience of a “Facelift” massage is extremely relaxing because of the effects on the ANS. Clients with sensitive skin do not need to worry or be analyzed for proper products. The “Facelift” will go great before or after a facial; again, because zero product is used.

A “Facelift” massage is 60 minutes and the first 3 treatments should be used in succession of every other day or once every week for three weeks to obtain optimal muscle toning and wrinkle relaxation; any further out may not have the benefiting effects of the “Facelift”. Maintenance may also be needed every three to six months.

Previous clients have described it as “coma inducing,” a “good tingling feeling,” and “easier to make facial expressions.”

Reasons to offer “Facelift” Massage

- Reshape face via removal of excess fluids and toning of facial muscles
- Improve nutrition to tissues of face
- Assist removal of metabolic and environmental wastes
- Smooth out wrinkles Decrease dark discoloration around eyes
- Client will experience “lighter” feeling in their face

The following conditions have noted beneficial effects with CTM:

- Sciatica
- Fibromyalgia
- Edema
- Digestive disorders
- Heart diseases
- Obstetric conditions
- Joint pain
- Circulatory disorders

These treatments are treatments and a non-invasive alternative to surgery.

References

Lymphatic Health Education Resources; D. Perry and H. Hanlon (2002)
http://en.wikipedia.org/wiki/Interstitial_fluid