

# YOUR HEALTH



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## The “Special Forces” Of Medical Massage Therapy



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Today is an exciting time to be in the field of healthcare, as more and more progress has been made in discovering what works best to restore ease and function of movement when dealing with chronic pain and injury rehabilitation issues. The specialty field of medical massage has developed, birthed by the proven effectiveness of hands-on therapies in treating soft tissue dysfunctions and the growing need and demand of an active population unwilling to resign themselves to settle for less.

A nationally certified medical massage therapist (NCMMT) has ad-

vanced specialized training in a variety of techniques intended to help reduce pain and facilitate injury rehabilitation and is specially trained in treatment protocols for many different problems including: frozen shoulder, carpal tunnel, sciatica, migraines, whiplash, plantar fasciitis, and many more. As of February 2006, almost 150 massage therapists nationwide have passed the stringent testing developed by medical doctors, physical therapists, registered nurses, PhDs, and licensed massage therapists.

NCMMT's are also trained to perform detailed evaluations necessary to begin the problem-solving process for each individual case and to customize a targeted approach to pain management and injury rehabilitation. Various techniques including trigger point therapy (the phenomenal discovery by John F. Kennedy's personal physician, Dr. Janet Travell) as well as newer techniques, including assisted movement therapies, are utilized in a specific treatment plan for each dysfunction. This state-of-the-art multi-faceted skill set is what earns NCMMT's the distinction of "Special Forces" when unleashed on pain and rehabilitation.