

## Owen Sound Massage Therapy

Owen Sound Massage Therapy - Visceral manipulation is actually a manual treatment which works via the internal visceral organs within an individual's body like for example the stomach, intestines, liver and heart, et cetera. After the very first evaluation of a person's body has finally been completed, the practitioner's hands are softly positioned on these organs which are not moving with the rhythm of the body which can initiate physiological problems. The purpose of the treatment is to have normal mobility and motility, natural tissue movement of the tone and viscera. Our bodies need balanced movement to be in good physical shape and perform as it should. When tissues become infected or inflamed, they are known to lose natural movement.

The pushing and pulling of adjoining tissue is defined as mobility. The visceral organs will move in reaction to various voluntary or involuntary exterior forces. Impairment or improper performance of the organ will mean restriction.

Motility is defined as the organ's active, fundamental movement and can likewise be the kinetic expression of tissues in motion. Embryologic axes and directions of all these movements are inscribed in the visceral tissues and take place all-around a point of equilibrium and moves away and to the median axis of the body. This is actually referred to as expir and inspir, and cycles between 7 and 8 cycles per 1 minute. The very goal of improving organ performance and restoring better physiological motion is obtained by means of utilizing certain methods to treat parts of altered or lessened movement.