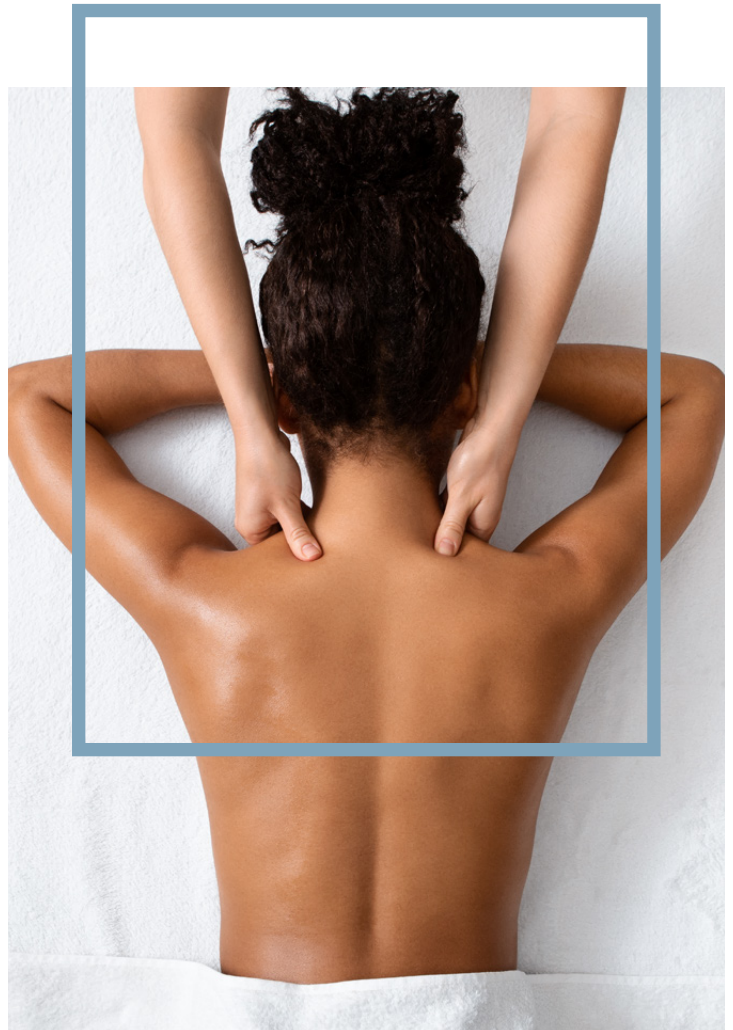


# *CONNECTIVE TISSUE MASSAGE:*

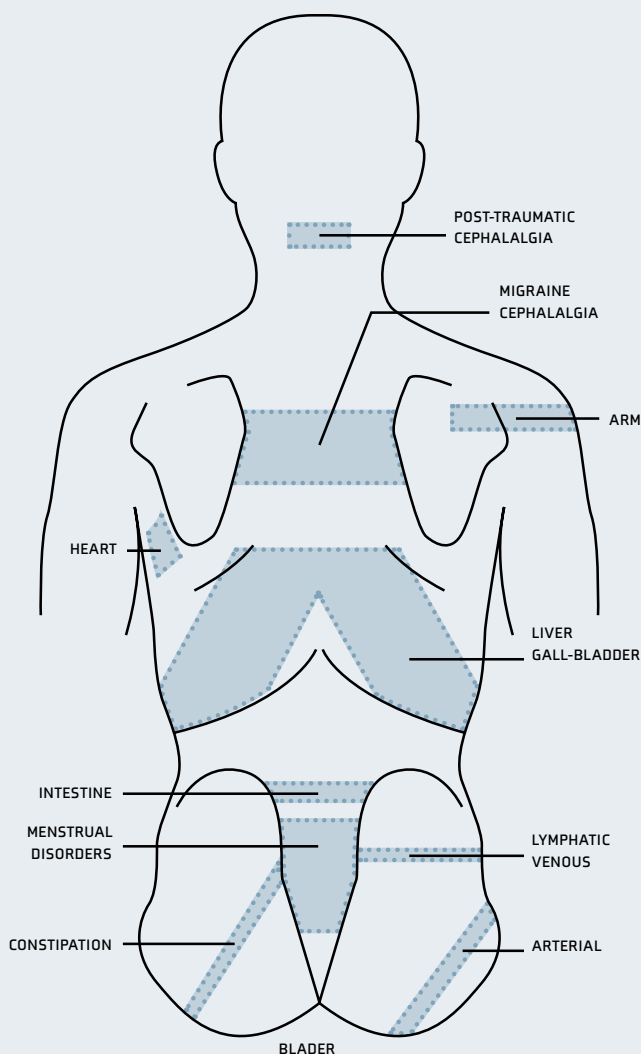
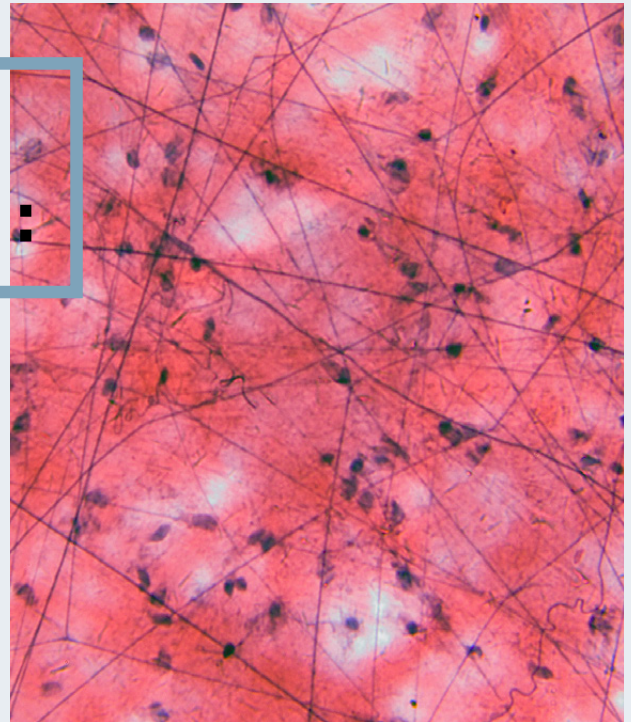
## DESCRIPTION AND PHYSIOLOGICAL EFFECTS

Connective Tissue Massage (CTM) is a manual reflex therapy developed originally in Germany in the 30s under the name of Bindegewebsmassage. This technique involves manipulating reflex zones to stimulate the neuro-vegetative system in order to normalize it and balance the body functions. It is indicated in particular for hormonal imbalances linked to the menopause, menstrual cycles or diabetes, chronic nerve roots pain, insomnia, agitation or anxiety.



# THE PRINCIPLES OF CTM TRAITEMENT:

■ The skin has to be displaced from the underlying layer. This creates a shearing force on the tissue. That mechanical deformation stimulates mechanoreceptors and also activates the vasodilation causing redness and swelling. Excessive or inaccurate maneuvers can lead to skin irritation and discomfort.



■ The treatment should begin at the level of the sacrum (basic construction) to desensitize the skin area reflexively linked to the parasympathetic system. It reduces sympathetic activity and begins to rebalance the autonomic nervous system.

■ The work is done from the surface to the depth. In case of oedema or skin tension (often common in patients), uncomfortable sensations may occur. They can be avoided by first treating excess fluid or tension in the skin before moving on to deeper layers.

■ Stimulate the fasciae. The routes are made according to specific patterns.

# PHYSIOLOGICAL EFFECTS OF CTM

The technique aims at stimulating the autonomic nervous system to rebalance the parasympathetic and sympathetic systems using maneuvers in a parasympathetic direction. The produced effects are numerous: improvement of sleep and mood, feeling of relaxation, better skin hydration and texture, increased circulation towards all the structures, improvement of muscle tone and visceral functions, reduction of pain and tissue stiffness. While similar claims can be made for other forms of soft tissue therapy, the effects of CTM can be potent and overdosing should be avoided.

Studies have shown that CTM affects peripheral blood flow, increases the plasma endorphin level, the diastolic blood pressure and the skin temperature.

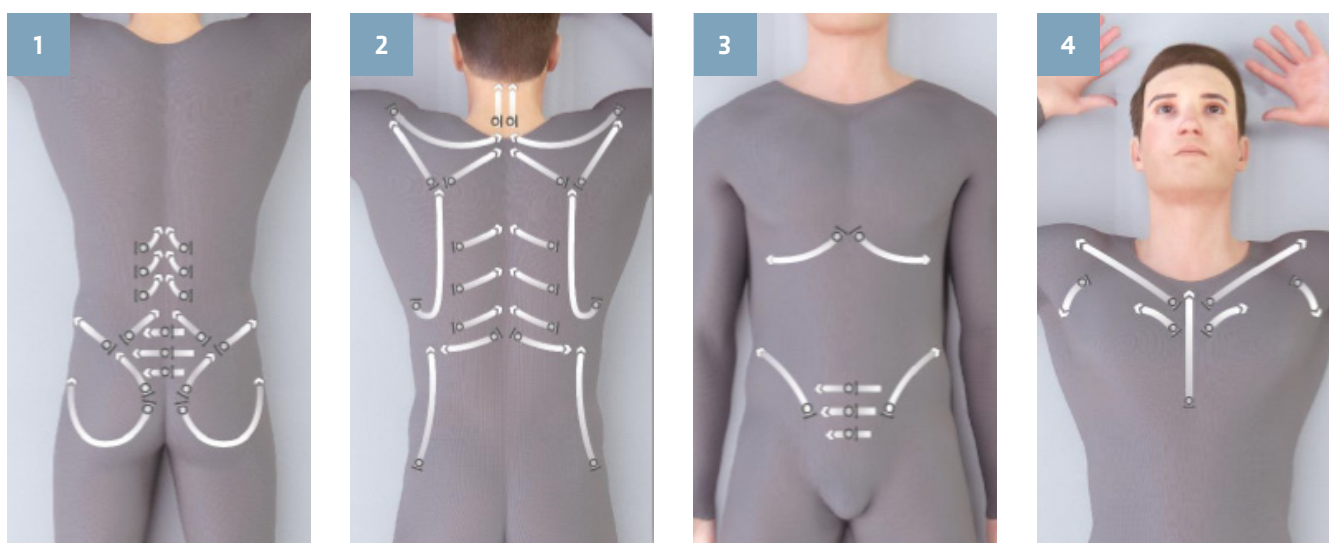
CTM appears to work via a reflex effect on the autonomic nervous system induced by manipulation of the fasciae under the skin. There is evidence that CTM produces physiological effects on the body. Although very few controlled trials have been published on CTM, the available studies indicate a clinical benefit towards pain and peripheral circulation. That reflects the clinical experience of CTM users. Further research is needed to fully understand mechanisms as well as effectiveness of CTM observed in practice.



# endermologie® REFLEX PROTOCOL



As CTM, endermologie® targets connective tissue, stimulate mechanoreceptors, activate vasodilatation and induces relaxation. The reflex protocol confirms the link between aesthetic and therapeutic treatments: «the skin is the mirror of health». Its principle is to stimulate the skin in a very specific way to trigger a local or remote reflex reaction, as for CTM treatment. It lasts 20 minutes and is composed of 4 steps.



The objective of the protocol is to stimulate all the emunctory organs (liver, gall-bladder, intestines, kidneys, respiratory tract and skin) in order to make easier the elimination of waste. The body is thus placed in the best possible conditions to receive the treatment and enjoy the benefits of the session.

The complete treatment revives the physiology of these organs. During the following sessions, the therapist will choose among the four areas the one to stimulate in connection with patient's assessment.

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## SOURCE:

Holey LA, Dixon J. Connective tissue manipulation:  
a review of theory and clinical evidence. J Bodyw Mov Ther. 2014 Jan;18(1):112-8.



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