

Neuro-Release Technique (NRT)

Neuro-Release Technique (NRT) is a system of assessing and treating pain and movement dysfunction which utilizes instruments to provide soft tissue therapy using a familiar neuro-inflammatory model to reduce pain in people with musculoskeletal conditions without invasive procedures, or pain medications. NRT utilizes tools such as Cupping and Instrument Assisted Soft Tissue Mobilization (IASTM).

Our objective is to use the NeuroRelease Treatment model to improve the environment for healing and relax the nervous system. If we can reduce pain and normalize central and peripheral nerve activity, we can take advantage of this for our exercise strength and neuromuscular re-education techniques, and further optimize how we move and perform.

Cupping

Cupping is a unique and effective treatment approach that uses vacuum cupping to create suction which acts as a sort of traction massage to increase blood flow and relax muscle tone. Unlike other forms of massage that compress soft tissue, cupping decompresses soft tissues with negative pressure.

Cupping benefits include but are not limited to the following:

Release scar tissue and fascial adhesions

Reduce painful trigger points

Improve circulation, blood and lymph circulation

Relieve pain

Promote mobility and range of motion

Improve mature scars

Decrease toxins

IASTM

Instrument assisted soft tissue mobilization (IASTM) is a skilled intervention that includes the use of specialized tools to manipulate the skin, myofascia, muscles, and tendons by various direct compressive stroke techniques. It is applied using instruments that are usually made of stainless steel with beveled edges and contours that can conform to different body anatomical locations and allows for deeper penetration.

Reduce pain, restore movement, and improve functional activities.



**Reduce Tissue
Tension**



**Improve
(micro)
circulation**



**Normalize
physiological
processes**

Conditions IASTM and Cupping are commonly used to treat:

Medial Epicondylitis, Lateral Epicondylitis

Carpal Tunnel Syndrome

Neck Pain

Plantar Fasciitis

Rotator Cuff Tendinitis

Patellar Tendinitis

Tibialis Posterior Tendinitis

Heel Pain /Achilles Tendinitis

DeQuervain's Syndrome

Post-Surgical and Traumatic Scars

Myofascial Pain and Restrictions

Musculoskeletal Imbalances

Chronic Joint Swelling Associated with Sprains/Strains

Ligament Sprains

Muscle Strains

Non-Acute Bursitis

Back Pain

Hip Pain

IT Band Syndrome

Shin Splints

Chronic Ankle Sprains

Acute Ankle Sprains

Scars (Surgical, Traumatic)