Muscle tension has a way of building up quietly. A tight spot between the shoulder blades, a knot at the base of the neck or a sore mcnamarachirocenter.com sciatica treatment Lighthouse Point low back after a long week can make it hard to relax. McNamara Chiropractic Center in Lighthouse Point offers licensed massage therapy in-office and a Knot Relief Program focused on stubborn muscle tension.

This article gives a general overview of how massage therapy fits into care at the practice and what to expect.

Meet the massage therapist

Massage therapy at the practice is provided by Dawn Marie Teufel, LMT, a licensed massage therapist who works alongside Dr. Carol McNamara-Krauss, DC. Massage appointments are available in-office, including dedicated massage appointments on Thursdays. Because both work in the same office, massage can be coordinated with chiropractic care when that makes sense for a patient.

How massage may complement chiropractic care

Chiropractic adjustments focus on how joints move. Massage focuses on muscles and other soft tissues. For many people, combining the two is a comfortable way to address both sides of the problem. At McNamara Chiropractic Center, massage may be recommended as part of plans for neck pain, back pain, shoulder problems, sports injuries or recovery after a car accident, depending on the evaluation.

The Knot Relief Program

Muscle "knots" are tender, tight areas in a muscle that may feel like small lumps and sometimes refer discomfort to nearby areas. The Knot Relief Program is designed for people who deal with these stubborn spots. Depending on the person, the program may combine massage therapy with other options available at the office, such as therapeutic ultrasound, Class IV laser therapy or chiropractic adjustments. Dr. McNamara and the team explain the recommended approach before getting started.

What a massage visit is like

- A brief conversation about where you feel tension, what makes it worse and any health conditions the therapist should know about.
- Pressure adjusted to your comfort. You can ask for lighter or firmer pressure at any time.
- Focus on the areas that matter most to you, whether that is the neck and shoulders, the low back or the legs after sport.

Who should check first

Massage may not be appropriate in some situations, for example with certain skin conditions, recent injuries with significant swelling, blood clotting disorders or other medical concerns. Let the team know about your health history so they can recommend what is safe and suitable for you.

Simple ways to manage tension between visits

- **Move regularly.** Long periods in one position, especially at a desk, tend to increase muscle tension.

- **Breathe and unclench.** Many people hold stress in the jaw and shoulders; checking in a few times a day can help.
- **Stay hydrated**, particularly in South Florida's heat.
- **Use gentle heat** on tight muscles if that feels comfortable, unless you have been advised otherwise.

Booking massage therapy

To book a massage or ask about the Knot Relief Program, call McNamara Chiropractic Center at (954) 902-6371. The office is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road, across from Publix. Parking is free and on-site; the entrance is on the side of the building. Patients come from Lighthouse Point, Pompano Beach, Deerfield Beach and nearby communities. More information is available at McNamara Chiropractic Center Lighthouse Point FL.

This article is general information and not medical advice.

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