

# andrew aitken massage

REMEDIAL &  
STRUCTURAL  
BODYWORK

“the release of pain  
when he had finished  
was incredible”

## What is structural bodywork?

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Structural bodywork aims to re-train the body's positional awareness in order to achieve a better posture, which in turn can help to relieve discomfort and chronic pain, particularly in the back.

The treatment usually involves techniques such as myofascial release, trigger point work, bio-mechanical corrections, massage and stretching along with strategies to create new, functional habits that are easily adopted in your everyday life. Combining these can help bring about a permanent change in your posture – for the better.

Very often, after only a few sessions and a little effort on your part, this change is easier to achieve than you thought possible.

Structural bodywork helps to straighten you up. Feel taller, feel better, feel like a new you.

## What is myofascial release?

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Briefly, 'myo' means muscle and 'fascia' means bandage or wrap. So myofascia is the connective tissue that surrounds muscles and its fibres, tendons, ligaments and also bone.

It is a continuous network or web from the top of your head to the soles of your feet and it can tighten and thicken along pathways in your body causing restriction and pain. Myofascial release is a technique that works on these connective tissues in a firm yet relaxing manner and it is able to 'unlock' postural habits and allow the structural repositioning of your body.

## What are trigger points?

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Trigger points are specific and common points across the body that create weakness and pain in muscles. Most people would call these 'knots'. These are the sore points that the majority of us have between our shoulder blades for example.

The interesting thing about trigger points is that they can have a predictable pain referral area, that is, they can produce a pain or discomfort elsewhere, away from the 'knot' itself. This is a very common reason for many headaches for instance. Trigger points in the shoulders can produce the headaches.

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