



THE POWER OF RAYNOR MASSAGE

Not many people have heard of Raynor Massage. Yet it is one of the most advanced massage therapy styles in the world. The goal of Raynor Massage is to relieve a person of residual tension, or muscle tightness in an area of the body when the body is at rest.

So, if you are lying on a massage table and you can feel that your muscles are tight or aching, or muscles are sore when firmly touched, you likely have tension in your body. As we get older, particularly after our 30s, tension tends to build up in our bodies. This increases the probability of sustaining sprain and strain injuries.

Raynor Massage is a holistic system of bodywork developed by Naturopath Brandon Raynor. Brandon spent many years studying Eastern modalities such as Ayurvedic Massage, Chinese Medicine, Thai Massage, Reflexology, Shiatsu and Yoga breath work. From an understanding of these, the techniques that form Raynor Massage evolved.

Raynor Massage has the concept of bands interconnecting the whole body, known as Raynor Bands. The bands are composed of muscles, tendons, ligaments and other body tissues. Underlying these physical bands are subtle energy systems (chi or prana) similar to Meridians in Chinese Medicine, Sen lines in Thai Massage, or Nadis in Ayurvedic Massage. When the flow of chi or prana is disrupted in the bands, muscles can tighten, bones can shift out of place, or tension can be created in the body. Note that the disruption can be caused physically (e.g. an injury) or emotionally (e.g. mental stress).



It has been found that the main anchor points for tension are the fingers, toes and head. These are key areas where chi or prana can become stagnated. Raynor Bands run right to the tips of the fingers and toes, and to the top of the head.

When diagnosing a person's tension the areas looked at include the toes (e.g. are they straight or pulled over, are they loose or do they spring back when pushed?), fingers (e.g. do the joints have any lateral movement or are they stiff?), head (e.g. is the scalp tight?), and the muscles of the limbs and back (e.g. when pressed, are they sore?).

So, unlike most other types of massages, Raynor Massage places emphasis on fingers, toes, and head. For example, if a person has a tight hamstring the toes are massaged first (where tension is anchored), then the foot and ankle. Once tension has been reduced in these, Raynor Bands running up the back of the leg are massaged, the calf first and then the hamstring area. Once tension is reduced at the anchor points, tension further along the bands can typically be reduced relatively easily. Deep tissue massage, acupuncture techniques and massage tools are used.

For deep-rooted tension there is a 'partnership model' between therapist and client meaning that they work together to achieve successful results. In brief, the therapist gently presses a tool into the toe or finger to bring awareness of the tension to the client (the pressure is never more than the client can handle). At the same time, the client uses deep breathing to "breathe out" the tension. The result is that the toe

or finger is loosened up and feels much looser. It doesn't sound credible, but it works!

Raynor Massage has proved to be a very effective way of reducing tension in the body and alleviating ailments such as back pain, headaches, stress, tight muscles and so on. Many of us tend to live with tension, but when removed it's like having a new body!

Further information: www.raynormassage.com



David Watts Massage Therapy is a mobile therapeutic massage service operating in a 10-mile radius of Maidenhead

Specialises in Raynor Massage to help relieve symptoms such as aching, tight or sore muscles/joints, headaches or migraines, stress or anxiety, plantar fasciitis, and other aches and pains.

"I've not experienced a similar technique but I can tell it works. I could feel how the tension was being released."
E. Calvo July 2023

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