



SYNERGY

SPORTS & CORRECTIVE
MASSAGE LLC.™

Corrective Massage

Corrective Massage is a systemic and systematic series of treatments which effectively alleviate symptoms of acute and chronic conditions. The practitioner utilizes well-established and tested massage and bodywork modalities to help clients work through scar-tissue restrictions, contracted and shortened muscles due to injury, restricted tissue that fails to result in healing, and dehydrated muscle tissue that results in imbalance and further restrictions.

Conditions that may be positively affected by corrective massage

- *Chronic or acute headaches (migraines etc...)
- *Lower back problems such as sciatic pain, sacroiliac joint pain, hip imbalances & spinal muscular restrictions
- *Neck and shoulder pain and rotator cuff tears
- *Knee tendonitis and restrictions
- *Chronic pain
- *Fibromyalgia
- *Scar tissue restrictions
- *Edema

Synergy has achieved identifiable success and positive outcomes with Corrective Massage. As with all forms of therapy, however, there are instances when symptom resolution is not fully achieved. Each client will respond differently to this form of therapy.

Your course of therapy is determined through an evaluation and assessment process and may be modified during treatment. Clients should expect their first visit to involve a comprehensive evaluation, including taking a medical history, and performing physical assessments, which may include muscle testing, gait analysis and palpation, as well as other investigative techniques. This is a critical step towards accomplishing our goal of providing the safest, most effective treatment to achieve maximum benefit for our clients.

We offer a comprehensive list of treatments and specific techniques, including Sports, Pfrimmer Deep Muscle Therapy®, Trigger-Point, Deep-Tissue, Muscle-Energy Techniques, Myofascial Release, Structural Integration; and Range-of-Motion.

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