

WHAT TO EXPECT

Assessment

- You will discuss with the therapist areas of complaint and your goals for the session.
- We will address your specific needs.

Clothing

- You will have privacy to disrobe and cover yourself with a sheet; the sheet will properly cover you throughout the session.

Relax and Enjoy

- Let go
- Focus on breathing deeply
- Do not feel the need to talk or initiate conversation.



Communicate

- Please inform the therapist to adjust the pressure or focus differently when needed.

Drink Water

- It is important to drink plenty of water after the session, as it flushes out toxins released from the massage.

Potential Soreness

- After a deep massage, you may feel some soreness; therefore, drink water and gently stretch to minimize.

EXTRAORDINARY CARE & SERVICE

- Massage Therapists at InMotion are all certified with extensive training
- Chiropractic Physicians on staff to consult, if needed, regarding type of massage, goals, etc.
- Ice and heat used during the massage, as necessary
- Massage therapists available 6 days per week by appointment
- Discounts given for volume purchases of gift certificates
- Frequent-user cards available — receive 10 one-hour massages within a year, get 1 free
- Therapists are part of a therapeutic team including:

Chiropractic Physicians
Acupuncturists
Rehab Specialists
Chiropractic Therapy Assistants



InMotion Health Center
7800 Clayton Road
Richmond Heights, MO 63117

1/4 mile east of the Galleria

(314) 644-2081

www.inmotionhealth.com

Massage

AN INTEGRAL PART OF

Therapy

TOTAL HEALTH AND WELL BEING



InMotion Health Center

Massage Therapy at InMotion Health Center is a powerful therapy that can help relieve such physical conditions as chronic pain and muscle tension, headaches, restricted movement, poor circulation and stress. Used in conjunction with other modalities such as chiropractic care, acupuncture, and proper nutrition, one can optimize overall health and well being.

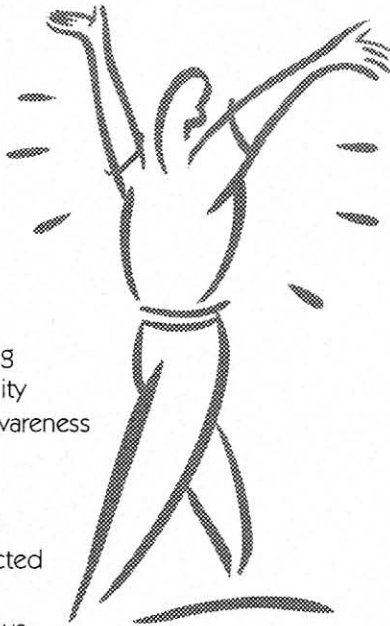
BENEFITS

Stress Relief & Energy

- Calms nervous system
- Promotes:
 - deep breathing
 - increased vitality
 - mind-body awareness

Muscle Pain/Soreness Relieved

- Releases contracted muscles
- Stimulates nervous system to relax muscle tension
- Lengthens muscles
- Increases nutrients/oxygen to muscles
- Speeds injury healing



Increases Circulation

- Increases blood supply to muscles
- Removes painful lactic acid
- Relieves numbness and tingling caused by muscle contraction

Enhances Posture & Range Of Motion

- Allows for better skeletal movement
- Frees soft tissue restrictions
- Prepares muscle for strengthening
- Minimizes scar tissue

TECHNIQUES

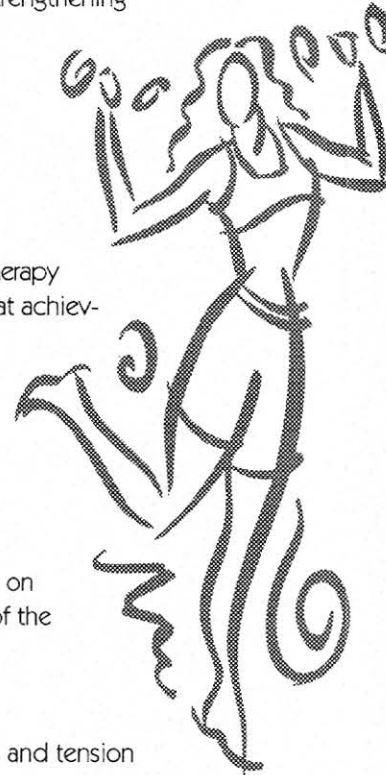
There are several massage therapy techniques that are aimed at achieving different results. Often times, they are combined in a session to address an individual's specific needs.

Swedish Massage

- Long kneading strokes on the superficial layers of the muscles
- Promotes relaxation
- Improves circulation
- Relieves muscle aches and tension

Trigger Point or Neuromuscular Therapy

- Deep finger pressure applied to a painful, irritated point in the muscle that often refers sensation to another area
- The pressure relieves pain in the local and referring areas.



Deep Tissue & Myofascial Release

- Slow strokes, deep finger/palm pressure
- Sustained stretching of contracted area of muscle/connective tissue (fascia)
- Releases chronic patterns of tension that cause pain
- Myofascial release can make permanent changes in the body's structural integrity.

Sports Massage

- Pre-event: warms up muscles by increasing circulation
- Post-event: rids muscles of lactic acid build-up, thereby reducing soreness
- Maintenance: reduces potential injury

Pregnancy Massage

- Alleviates stress and tension on weight-bearing joints (e.g. low back, hips)
- Reduces normal edema (swelling)

Shiatsu

- Japanese acupressure
- Finger pressure to release stagnant energy along "meridians"
- Rebalances the flow of energy
- Restores health

Reflexology

- Stimulates points on the hands and feet
- Restores health to areas of weakness in the body

Reiki & Polarity

- Light touch
- Balances energetic systems of the body