



EXACTLY WHAT IS MOBILE MEDICAL MASSAGE?

Mobile =

We Travel To you (Meet Your Schedule)

Medical =

Massage as prescribed by a Doctor or Other health care professional or "specific" to a health "condition" that is troubling you. Working explicitly to the area of injury or stress. Working body areas of concern (i.e., Neck, Shoulders, Back) Specific to your request. Utilizing Techniques to fit YOUR condition (i.e., Deep Tissue, Neuromuscular Trigger Point, Myofascial Deep Tissue Release, Stretching (Active & Passive) Instructing you on methods to assist yourself between sessions. Planning a Course of Action to Prevent Re-injury and SPEED healing

Massage =

Massage is a scientific method of manipulating the soft tissues of the body to have specific effect. Its objective is the restoration of function, release of tension and the re-establishment of the contours where this is desirable.

"Massage Therapy" is (Definition):

- * The holistic application of physical touch to affect the systems of the body; i.e., the muscular, skeletal, digestive, elimination, respiratory, circulatory, lymphatic, endocrine, emotional, mental and nervous systems.
- * It is the manipulation the soft tissues of the body with the hands for therapeutic, healing, relaxing and pleasurable effects.
- * It is the loving touch of the heart expressed through the hands.
- * It is not physiotherapy or any practice of manipulation of the skeletal structure.

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