

GENTLE · NATURAL · EFFECTIVE
Chiropractic
MASSAGE

Massage Hints

- Arrive early to prepare for your massage...arriving late will result in precious minutes of your massage lost.
- A drape is used at all times for your privacy.
- Talk to your massage therapist; let him or her know the amount of massage pressure that is comfortable for your body.
- If you feel the therapist has done exceptional work, gratuities are accepted.

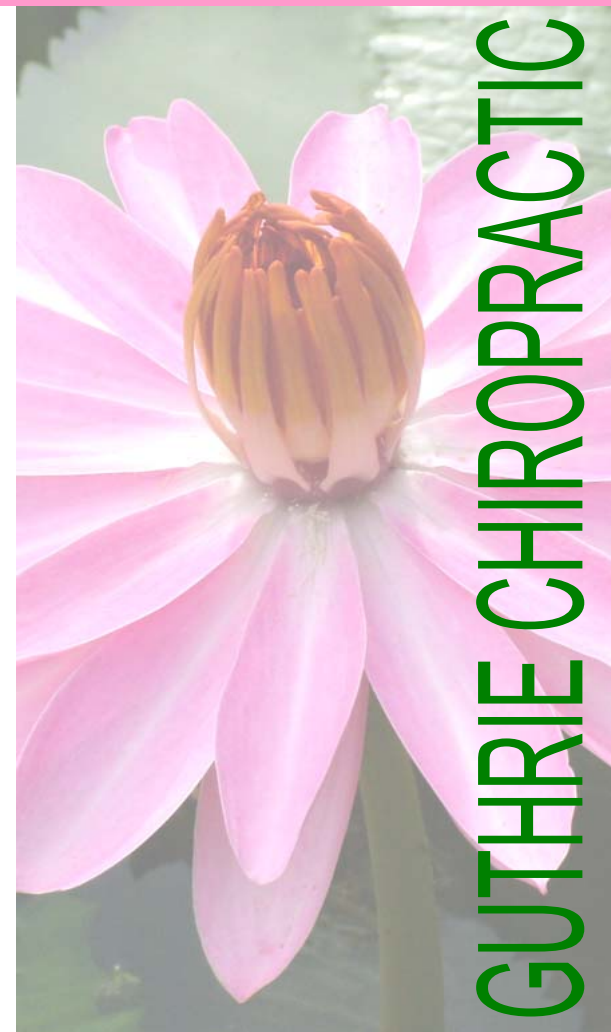
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Office Hours
Monday - Thursday
8:00am - 7:00pm

Massage available evenings and weekends too.



Thank you for sharing
our brochure with others.

What is a Professional Massage?

Massage is a general term used to denote therapies which are performed primarily with the hands, either in a stroking or kneading fashion. However, there are many variations on this theme. What you should know about massages in this office is that the massage therapists have completed a minimum of 500 hours of training in everything from anatomy and physiology to advanced massage techniques like reiki and myofascial release.

Why should I get a massage?

Massage can give you the vital peace of mind and comfort throughout your body that you have been missing. You may not even know that you have been missing this kind of healing touch - perhaps you have only noticed some of the following signs of disease:

- Restless nights
- Irritable with family and friends
- Constant worrying
- Not enjoying much of what you do
- Slow healing
- Aching, stiff, muscles
- Low energy

What can massage do for low energy?

As with Einstein's famous equation: $E=MC^2$. A small amount of matter (like the knots in your muscles) contain a huge amount of energy. These knots occur primarily when injuries or over-work create internal congestion or scar tissue. This dense material represents an enormous amount of potential energy. Imagine, the smallest knot in your muscle may contain all the extra energy you need to accomplish your work today and have some left for fun!

What else does massage do?

Massage contributes to the rapid movement of fluids through injured areas. This is important because these fluids carry nutrients to the healing tissues and carry away the "toxins". This quicker turnover in fluids ensures a high metabolic rate for the energy of healing. Massage also helps to prevent the accumulation of proteins that cause scar tissue. A special kind of massage called myofascial release, stimulates the laying down of new replacement collagen so that it is of adequate strength. And of course, massage helps to control pain and prevent muscle spasms.

All of our massage therapists are licensed by the State of Oregon as Licensed Massage Therapists (LMT) and as Chiropractic Assistants (CA). They are experienced in many of the following types of massages:

- Acupressure
- Assisted Stretching
- Craniosacral Therapy
- Deep Tissue
- Fijian
- Geriatric
- Hot Rocks/Stone
- Myofascial Release
- Polarity Therapy
- Pregnancy
- Reflexology
- Reiki
- Shiatsu
- Sports Injury
- Swedish
- Thai
- TMJ Release
- Traeger
- Trigger Point Therapy
- Various Energy Techniques

Did you know?

Massage has been shown to balance body chemistries, promote organ function, and speed healing from many diseases. Lastly, studies show that brain function is improved with the application of massage so you can even feel smart about getting a massage!

HELPING YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
GUTHRIE CHIROPRACTIC