



Summer Medical Massage Clinic

May – Sept 2016

Our team believes in being the best!

In an effort to serve you better, many of our therapists are participating in a training program for Medical Massage. They will have the opportunity to enhance their skills and you will the pain relief you need at a reduced cost!

How it works:

- **You will first need to schedule a FREE consultation.** During this consultation, we will address your current symptoms, get a detailed history and do a complete assessment of your soft tissue along with any special tests that need to be done.
- **Next, we will create a Plan of Care specifically for you.** This plan includes the findings from the assessment, along with an outline of recommended treatments and home care instructions.
- When you are ready to proceed, we will schedule your sessions. **Most Medical Massage treatments average 4-5 sessions to reach resolution.** Some are resolved in as little as 2-3 sessions and more complicated cases take longer.



What does it cost?

Regular priced sessions are \$86 per hour. However, in this program you receive over a 40% discount per visit!

You Pay ONLY \$50 per Hour!

How to get started:

Schedule your consultation the next time you are in the office, or give us a call at 941-755-0406. Please keep in mind that Medical Massage sessions need to be timed so that each session builds upon the previous one. **You will need to commit to at least 2 sessions per week in order to achieve the desired results.**

Learn more about how Medical Massage works on the back of this flyer!

How is Medical Massage different from other massage sessions?

1. **Medical Massage always starts with a detailed assessment** that includes analyzing your history, your symptoms, and the soft tissues involved. The key is to know what the actual cause of your problem is vs. simply treating the symptoms.
2. **Medical Massage practitioners work on 4 types of tissue:** The skin, skeletal muscles, connective tissue and periosteum of bone. Each type of tissue is treated with its own special approach instead of a shotgun approach where all tissue is treated with just one modality.
3. **Medical Massage targets something called Reflex Zones in your soft tissue.** These “zones” are the pathological components that result from chronic disorders because of the way your nervous system works.

These zones include:

- Trigger points in skeletal muscles that cause pain with active movement, and in advanced cases pain even at rest
 - Connective Tissue Zones that bind down tissue creating additional muscular tension
 - Cutaneous Reflex Zones (such as edema) that form in the skin
 - Periosteal trigger points that form in the outer layer of bone creating local pain, as well as pain in and around joints.
4. **Medical Massage is a course of treatment and outcome based.** The goal is to get you out of pain as quickly as possible. It is CRITICAL that your sessions be timed correctly, allowing one session to build upon the previous session. This is why people who come in with a pain issue once a month never get resolution. **You will spend less time and money if you simply commit to a series of Medical Massage sessions to knock out the problem.** Then, come back for maintenance or a relaxation massage monthly.

“Thank you to Massage Therapy Connections and for Shea and Sally caring enough about my pain to allow me to be an addition to their Medical Massage program. I had been living with pain in my shoulder and neck for over 2 months. I had undergone many weeks of acupuncture and cupping, which helped in other areas but not the main problem areas. I had X-Rays, an MRI and a shot in the shoulder that did not help.

I tried to get into the Shoulder Case Study, but it was full. Shea was concerned that I was going to have to continue in pain because I could not afford the regular sessions. Shea asked Sally to get involved as a Protégé. Sally took her time with me, our communication back and forth was very important and easy, and Sally genuinely cared about me. **My range of motion has greatly improved in only 4 sessions! I cannot thank Shea and Sally enough for caring about me and helping me.** Jane H. LWR, Florida