

Services

Massage & Joint Mobilization



Soft tissue massage and joint mobilizations are important tools in both assessing and treating injury and movement dysfunction. This is an integral part of my toolbox to return you to peak function. This may involve a focused area, or broader areas of the body, depending on your specific concerns and type of injury. Specific interventions may include myofascial release, soft tissue work combined with very specific motions to help restore pain free motion, joint glides, craniosacral therapy, Swedish or cross friction massage, the use of tools or “Augmented” soft tissue mobilization and strain counter-strain techniques. Instructions in some of these techniques may be possible for you to do independently, between our treatments, with the use of tools or your own hands.