



Advanced Clinical Massage & Bodywork
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What are the types of massage & bodywork available in my practice?

Core Movement Integration:

A comprehensive, mindful system of movement education. A brain re-training exercise system using movement sequences that tap into your natural way of moving, connecting from foot to head through your core. Moving more efficiently decreases pain, increases strength, flexibility and improves posture.

Deep Tissue massage:

Massage that focuses on realigning deeper layers of muscle and fascia. It is particularly useful in treating areas of chronic tension, injury, overuse, and/or adhesions.

Geriatric Massage:

Massage tailored to the needs of the elderly, focused on improving circulation, pain relief, and increasing range of motion.

Instrument Assisted Soft tissue Mobilization:

Non-invasive instruments gently and effectively break down fascial restrictions and scar tissue, encouraging healing and effectively treating areas exhibiting soft tissue fibrosis, chronic inflammation, or degeneration.

Massage Cupping:

By creating suction and vacuum pressure Massage Cupping is used to soften tight muscles and tone

attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, move deep inflammation to the skin surface for release, and open lymphatic pathways.

Medical Massage:

Specific treatments appropriate to working with disease, pain, and recovery from injury. The therapist may coordinate care alongside your physician or physical therapist.

Myofascial Release:

A technique that increases mobility to and removes restrictions from fascia affected by trauma, injury, and poor posture. Fascia is the tough and flexible connective tissue found under the skin and it covers all the muscles and bones in the body. It can be imagined as a full body stocking, where a snag (trauma) in one area can lead to pain or discomfort in another.

Neuromuscular Therapy:

A technique using static pressure on soft tissue to stimulate striated muscle. This helps balance the central nervous system with the musculoskeletal system.

Onsite Chair Massage:

Massage of the upper body, while fully clothed and seated on a portable massage chair.

Pediatric Massage:

Massage tailored to the needs of children and adolescents with various health conditions, focused on psychological and physiological health and well-being.

Prenatal Massage:

Therapeutic massage specific to the prenatal period. Each session is tailored to the needs of the expectant mother, such as relief of muscle and joint aches, reduction of swelling, and improved circulation.

Reiki:

A gentle, ancient Japanese energy healing art technique used to balance the body's energy fields in order to promote healing, provide deep relaxation, and to relieve pain.

Sports Massage:

Massage designed for athletes which enhances performance, prevents injury, reduces pain and swelling, increases flexibility, and speeds up recovery time.

Swedish Massage:

The most basic and commonly known massage consisting of gliding, kneading strokes. It promotes deep relaxation, increases circulation and flexibility, and eases tension.

***Note:** Self-care regimens are a crucial part of rehabilitative treatment plans.