

Do you suffer from... back pain, fatigue, or a chronic condition

Whether you are looking for a therapeutic treatment from stress and injury or just want to relax and unwind, Therapeutic Massage offers a wide range of massage services. Marc Allred, owner of Therapeutic Massage, is fully trained and experienced in the following areas:

- Headache, neck or shoulder pain
- Whiplash/low back injuries
- Sports massage
- Prenatal massage
- Stress reduction
- Conditioning and stretching after injury

What are the effects of massage on the body?

Massage increases circulation and decreases soreness. If muscles are sore from injury or overuse, kneading the tissue will press out lactic acid and reduce pain. Massage can increase flexibility by gently moving and releasing muscles and joints. It can also loosen scar tissue and balance posture after an injury.

What are the effects of massage on the mind?

Massage can be a "mini-vacation" from the stress of everyday life. Receiving regular treatments increases body awareness, enhances well-being, increases breathing capacity, all of which contribute to your ability to respond to stress.

Touch is essential from the moment we are born until the moment we die. Because of this, massage is an emotionally powerful self-care tool. Having a caring professional "listen" to your body with his or her hands is a deeply soothing experience.

Therapeutic Massage

Marc Allred, L.M.T.

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Types of Massage

Deep Tissue : Following the appropriate warm-up, this type of massage focuses on the deeper tissue layers of the body to resolve both chronic and acute pain problems deep within one's structure. This type of massage may include other techniques ranging from trigger point therapy or neuromuscular therapy to subtle techniques with myofascial release or strain-counterstrain.

Sports Massage : The goals for this type of massage are to facilitate optimum performance and to prevent injury for an athlete's mind and body during training and/or athletic events. It is a practical, specific application of Swedish massage, compressions, deep tissue work, cross-fiber friction, and range of motion movement. Sports Massage yields immediate, significant, and verifiable positive results in sports performance, delayed-onset muscle soreness, and injury rehabilitation.

CranioSacral Therapy : A very gentle form of bodywork that uses a touch that is much lighter than a traditional massage. CranioSacral is a soft touch, restorative therapy that has developed from the discovery and interaction with the cranial rhythm. This therapy is very effective with health problems, such as chronic pain,

lowered vitality, and recurring infections. CranioSacral therapists believe that your body possesses an inherent intelligence that has the ability to heal itself and our role is to provide the body open space to be able to do so. This powerful body re-organization can cause physical vitality and well-being, mental and emotional clarity and a general feeling of your world suddenly becoming bigger.

Myofascial Release : This technique is used when working with fascia, a connective tissue of the body, as a means of achieving pain relief, restoring function and reducing stress. This technique is used both by massage therapists and physical therapists in the treatment of myofascial pain and dysfunction.

Swedish Massage : This is the classical massage method used to facilitate and induce the relaxation response, improve circulation, decrease muscle tension, and improve range of motion. A traditional

Swedish massage includes the following list of strokes: effleurage, petrissage, friction, cross fiber friction, vibration, percussion, pressure movements such as DMPS (deep muscle press stretch) or stripping and joint movements.

Prenatal Massage: Designed specifically for the expecting mother, this treatment provides both relaxation, as well as relief from stress and tension. Massage therapy during pregnancy can enhance the function of muscles and joints, improves circulation and provide relief from mental and physical fatigue. We utilize the appropriate strokes and positioning in order to provide the best experience possible.

Certifications in:
Kinesiology
Orthopedic Massage
Medical Massage
Certified Personal Trainer

After struggling for several months with shoulder pain, I visited Marc to see what could be done to help. I have been amazed at the improvement! My "locked" shoulder now moves freely -- I can actually raise my arm! Thank you, Marc!

*Debbie Brower
ALT Magazine*



Call Marc today for an appointment. Then, relax and enjoy your massage!