
SCHILLINGER CHIROPRACTIC & WELLNESS CENTER

Voted "Best Chiropractic Office: by the Independent Journal
DR. MARK SCHILLINGER D.C.
Stress Management and Wellness Care

Massage Therapy - Deep Tissue

The Benefits of Deep Tissue Therapeutic Massage

Most of us have stress and tension in our muscles. Most of the time the first place our body will suffer from the results of stress will be in our muscles. They are the first place where our body produces a contraction reaction to the stress. Our professional massage therapists are experts at reducing the pain caused by muscular tension

Naturally, a therapeutic deep tissue massage feels great when it is done right. The reasons why it can help you feel so good is easily explained by these physiological benefits:

1. **restores nerve flow** -- relaxes the tight muscles which are clamping down on the nerve flow.
2. **strengthens immune system** -- helps the lymph glands in the removal of unwanted toxins, bacteria, virus, fungus, etc.
3. **improves circulation** -- relieving the tight muscles restores the blood flow in arteries and veins

Therapeutic massage in our office is achieved by using deep tissue myofascial technique. This method is most effective for releasing muscle spasms which cause tension and pain. The massages are 60 minutes long and are performed by highly trained specialists.

Why Massage and Chiropractic Works So Well Together

Spinal manipulation directly removes unwanted pressure off of the nerves. Massage therapy relaxes the muscles and prevents old muscular patterns from pulling on the bones in such a way that they touch or inflame the nerves. The combination of these therapies speeds up the healing process and reduces symptoms faster. All of our therapists are aware of the specific problems that each patient is experiencing so that they can focus their efforts on the same problems that the doctor is treating. Melting muscles and energizing nerves is the most effective way to restore the body's natural ability to heal itself, without drugs or surgery.

Anyone Can Get a Massage!

You do not have to be a chiropractic patient to receive massage in the office. If you are a patient and want to refer your spouse, children, friends, or coworkers for massage therapy, they are welcome! If you are not a patient and have never received a massage here, you will be very impressed with the rejuvenating results of a therapeutic massage.



**massage is no longer a
luxury, but a necessity in
our stress filled world....**