

## Massage



### What is Massage?

Massage Therapy is the manual manipulation of the body's muscular and soft tissue structure through a variety of techniques ranging from relaxation to clinical and therapeutic applications.

### What are the benefits of Massage?

- Increased range of motion and flexibility
- Stress reduction
- Improved circulation
- An overall feeling of well-being

### What types of Massage does Clinix Offer?

- **Swedish Massage** is light to firm pressure with long circulatory strokes, kneading of the soft tissue and gentle manipulation of the muscles.
- **Deep Tissue Massage** is a therapeutic technique that involves deeper pressure and expansion of the fascia.
- **Pregnancy Massage** uses a lighter, more sensitive, touch with special attention to the expecting mother's needs and is only indicated after the first trimester.

- **Relexology** is a proven scientific technique of applying pressure to reflex zones in the feet and hands that have a healing effect on a correlating part of the body.

**Sports Massage** is a special form of massage typically used before, during and after athletic events and utilized for injury care and prevention.

### **Larry Amos, Clinix' Massage Therapist specializes in:**

#### **- Neuromuscular Therapy**

As a Neuromuscular Therapist I work to bring about a natural balance between your muscles, nerves, and skeletal systems. However, stress, accidents, injuries, or illness can lead to constantly held muscle tension, postural distortions, and more pain at a later time. Your brain can block out much of this tension, but trigger points, ischemia, and nerve entrapment or compression will create painful warning signs and imbalances. Releasing this tension will leave you feeling more relaxed and less stressed than you have been in months, perhaps years. You will move more freely and you will have less tension in your life!

#### **- Active Isolated Stretching**

The brain child of stretching master and kinesiologist Aaron Mattes, Active Isolated Stretching, is a method used for the prevention and rehabilitation of injuries. Widely used by Physicians, Chiropractors, Physical therapists, Massage Therapists, Coaches, Personal Trainers, and athletes, AIS improves circulation, flexibility, of the joints, and restores superficial and deep fascial planes. This provides optimal flexibility without trauma. (Fascia is connective tissue that encases muscles, nerves, and every other tissue and structure in your body.) Distortion of the fascial matrix by trauma, aging, posture, hormonal or metabolic imbalances, injury and toxins, disrupts the homeostasis of the body. Which can lead to musculoskeletal pain, bad posture, bad body mechanics or any combination of the three. Learn to restore balance and ease of movement with Active Isolated Stretching.

[Learn more about our Aromatherapy Massage&nbsp;](#)

[Learn more about our Reflexology Service&nbsp;](#)

[&nbsp;Meet our&nbsp;Massage Therapist&nbsp;](#)

**Schedule a Massage appointment at CLINIX today!**  
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