

## Massage Therapy Success Story

Name: **Brian N**

Name of condition: **Muscle tension and adhesions**

Symptoms: **Neck pain, headaches and posture problems**

Location of pain: **Neck**

Duration: **A day at a time, occasional**

Severity: **Variable**

Describe previous treatment and results:

**Chiropractic treatments made the initial improvements. Results were incredible at first then reached a plateau until the massage therapy was added.**

Indicate which drugs and/or medication you were taking, if any:

**Tylenol for headaches**

What led to your decision to try massage?

**Unable to get some muscles to relax on my own with heat, etc. Even gave up all caffeine.**

Had you been to a Registered Massage Therapist before? **No**

Did you have any doubts that massage would help you?

**No, but I wasn't sure how much it would help.**

What were your first impressions of massage therapy, this office and your therapist?

**Very professional, yet a comfortable environment.**

What recommendations were made by your therapist:

**Numerous stretches were recommended by both the massage therapist and the chiropractor.**

Describe your results, including your time involved with the treatments:

Massage therapy about 4 months and chiropractic for about 4 years.

Is anyone else in your family a massage therapy client: If so, for what conditions? No

How has massage helped him/her? N/A

What would you recommend to others who are sick, suffering or in pain?

Give it a try, at least get an assessment.

How many others have you told about massage therapy?

Several

How do you feel about massage therapy now that you have enjoyed the benefits?

Every employer should have one on staff.