

Massage Therapy

Massage therapists use a variety of techniques to address soft tissue problems. Gentle kneading and stretching lengthens contracted muscle and fascia. Painful sprains and strains, as well as Myofascial adhesions, can be addressed directly with massage techniques that improve circulation and stimulate healthy separation and realignment of injured fibers. Massage increases circulation, which can reduce painful swelling and inflammation. It promotes healing by removing waste products and bringing nutrients to your tissue. It also helps to speed recovery. Both massage and chiropractic offer preventative care to support your ongoing good health and well-being. A timely visit to your Chiropractor can reestablish normal alignment and mobility before secondary soft tissue problems develop. Regular massage can help your body to be more resilient in the face of daily stresses, and less prone to injury and subluxation. Massage triggers the body's relaxation response, interrupting a cycle of stress and muscle tension. We have on-site massage therapy available. Visit our "About Us" page for more information about our therapists. One-hour massage available at the following times: Monday: 8:30am, 9:30am, & 10:30am; Tuesday: 2:00pm, 3:00pm, & 4:00pm; and Thursday: 8:30am, 9:30am, & 10:30am. 1st Saturday of the month: 10:00am, 11:00am, 12:00pm, & 1:00pm. Call 318-752-1201 for more information or schedule an appointment.