

Gregg Jones, LMT, NCTMB

Gregg graduated from the Muscular Therapy Institute in Cambridge, MA. He has completed 1100 hours of basic and advanced massage education, which includes a variety of bodywork techniques, extensive anatomy, physiology, pathology and knowledge of when massage is and is not appropriate.

Gregg is a Nationally Certified Therapist in Massage and Bodywork (NCTMB), is a Licensed Massage Therapist (LMT) and a professional member of the American Massage Therapy Association (AMTA). Gregg has a Bachelor of Arts in Theology from Clarke College in Dubuque, IA.

Gregg worked from 2002 to 2004 at Massachusetts General Hospital in Boston in the Cancer Center giving massages to cancer patients thru the HOPES Program.

My Philosophy

I am committed to a holistic and spiritual philosophy for health, healing and balance through Muscular Therapy.

In creating a partnership *your* needs and *your* choices are approached with a perspective that understands the interconnection of the mind, body and spirit to reduce muscular tension and stress.

In reducing muscular tension and stress, we are helping your body heal and reducing or even eliminating chronic pain, as well as reeducating the body using stress reduction techniques.

This philosophy is applicable to those who want to enhance their current level of health and wholeness through the healing art of therapeutic massage.

Muscular Therapy and Pain Management

The effectiveness of massage lies in a simple and direct strategy: working from the external, outer mechanisms of pain to the primary, root cause. Muscular therapists utilize a holistic approach, focusing on the entire body system and its relationship to soft tissue. Their care isn't focused only on the site of pain.

One benefit of muscular therapy from a patient perspective is how it helps patients become more aware of their bodies and better familiarize them with the pain they experience. The muscular therapist not only helps relieve muscle and other soft tissue pain, but also has an impact on the patient by virtue of human touch.

Talk to Your Doctor About Muscular Therapy!

Recent surveys commissioned by the American Massage Therapy Association (AMTA) reveal that more people each year seek massage for health reasons and more physicians are recommending massage to their patients. Ask your doctor about the possible benefits of muscular therapy for you.

While massage has many health benefits, if you have an active or chronic medical condition, please consult your doctor before getting a massage.



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By Appointment Only

Muscular Therapy Can Help You!

- Is pain or restricted movement keeping you from living the life you want?
- Perhaps you have had a sports injury, accident or repetitive actions on the job that are holding you back.
- Perhaps having a loved one who has an illness or has been hospitalized is creating stress for you or
- You have had an illness or have been hospitalized.
- Tension from everyday stresses can cause problems that, too often, take up permanent residence in our bodies.

Muscular Therapy is an effective therapy that works with the body to reduce chronic tension and to promote physical health.

- The client learns to understand the meaning of his/her physical symptoms and what needs to be done to alleviate them. Treatment includes a series of techniques and exercises designed to reduce muscular tension and stress and prevent their return.
- In some cases muscular therapy can reduce or even eliminate the need for medication or surgery.

A skilled muscular therapist stretches and loosens muscle and connective tissue and improves blood flow and the movement of lymph throughout the body.

The therapists' hands facilitate the removal of metabolic waste products resulting from exercise or inactivity, allowing oxygen and nutrients to reach the cells and tissues.

The release of muscular tension also helps to unblock and balance the overall flow of life energy throughout the body.

Massage Treatments

Therapeutic, Relaxation & Swedish Massage use lotions or oils and are primarily for full-body sessions, they promote general relaxation, improve circulation, increase range of motion and relieve muscle tension.

Orthopedic Massage (Soft Tissue Injury Assessment and Treatment) is a specialized form of therapy and involves the isolation and treatment of such problems as tendonitis and ligament lesions (scar tissue.) These conditions are commonly found at the major joints of the body such as; the neck, shoulder, wrist, hand, elbow, foot and ankle, lower leg, knee, hip and lower back.

Oncology Massage is for people who have been diagnosed and living with cancer. Oncology massage uses a combination of different types of massage through very light touch to help reduce tension, stress, anxiety and pain. This can be achieved through chair, bed or table massage.

Trigger Point Therapy is the use of various methods to relieve or eliminate trigger points. A trigger point is a hypersensitive area in muscle or tendon that usually produces painful sensations in other areas of the body.

Chair Massage is common in the work place as a benefit to employees to reduce stresses of work including repetitive motion and increases employee satisfaction and productivity. Clients are fully clothed and no lotions or oils are used.

Sports Massage focuses on pre and or post events and relates to muscle groups relevant to the particular sport.

Clinical Research Shows Massage Can Be Effective With:

- Arthritis
- Asthma
- Carpal Tunnel Syndrome
- Chronic and acute pain
- Circulatory problems
- Gastrointestinal disorders
- Headaches/Migraines
- Immune function disorders
- Insomnia
- Myofascial pain
- Sleep Disorders
- Reduced Range of Motion
- Repetitive Strain Injury
- Sports Injuries
- Stress
- (TMJ) dysfunction

Rates

30-minutes: \$ 28.00

60-minutes: \$ 45.00

90-minutes: \$ 62.00

Chair Massage: \$1.00 per minute

Gift Certificates are available.

Seniors 65+ receive a 10% discount on massage services. Discount does not apply to products and cannot be combined with other offers.

If unable to keep appointment, kindly give 24 hours notice, or you will be charged for the missed appointment. Thank you.

Not all therapies are appropriate for all clients. Prior to the muscular therapy session, the client's healthcare provider must diagnose all medical conditions.