



Athletes4Life, LLC

Muscle Restoration through Medical Massage

WHO WE HELP

We clean and lengthen tight & inflamed muscles to take care of your pain, so we help everyone!

Athletes at all levels:

- So very much more than deep tissue!
- Pre/Post event massages prepare and recover athletes of all sports.
- Customized per sport, per position and improves total body power output.
- These massages help you get to the next level.

Non-Athletes:

- Customized per issue, our therapeutic massages help you with your pain and improve your movement.

Migraine Headaches:

- RESTORATIVE AND PREVENTATIVE!
- Self developed techniques clear muscles of inflammation, restore blood flow, and work with clients on custom therapy plans.
- Clients walk in with a pain level 5-8 out of 10 and walk out pain free!
- Migraine PROGRAM: We track frequency, severity, and duration. Most clients improve in all categories.

Marathon/Half Marathon/Metropark Runners and Walkers:

- Hip, knee, ankle and foot pain are often relieved in 1 massage to get you back on track. Joint pain is often tendon pain and resolved by flushing the muscles.
- Fatigue is dramatically reduced so you finish your run stronger and faster.

Arthritis and Tendinitis:

- Clients diagnosed with arthritis by doctors and XRay's, are experiencing dramatic pain reduction.
- Joint pain is often tendon pain when muscles are congested, less elastic, and shorter.
- The athletic massage flushes the muscles, increasing muscle length, reducing tendon tension, and relieving pain. YOU HAVE TO TRY THIS!

Emotional Issues:

- Death, divorce, unemployment and etc. we help you work through life's struggles.
- We relax the mind and emotions by relaxing the muscles and resetting muscle memory so you can start a new journey.

Cerebral Palsy:

- Joint Movement - relaxing spastic and twisted muscles to improve blood flow, reduce illnesses, and



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- Many of our clients are migraine free, read about it on the blog FaceBook pages!

promote range of motion without pain.

Neck / Shoulder and Rotator Cuff issues:

- Isolate each muscle, flush the muscles of congestion, apply isometric, concentric, and eccentric exercises to lengthen the muscles to prepare them for physical therapy or to resume your regular exercise program.
- Clients have cancelled carpal tunnel and rotator cuff surgeries.