



## Mary Tyner

Mary trained at the Bancroft School of Massage. She has been in practice for over 15 years working with physical therapists in Toronto, Cambridge and Greenfield.

**Massage is an excellent way to help you feel better if you are experiencing:**

- Neck Pain
- Shoulder or Upper Back Pain
- Low Back Pain or Sciatica
- Headaches
- Leg or foot pain

Massage is helpful alone or in conjunction with physical therapy to speed healing, decrease pain, loosen tight or tense muscles, and restore normal movement. Massage is also good for maintenance when your physical therapy has ended.

Aching, tight, tender or painful muscles occur for many reasons:

- Injury
- Disease
- Surgery
- Stress
- Emotional Tension
- Poor Posture

Some pains begin suddenly, others begin slowly, developing over weeks, months, or even years.

Your pain may increase until it becomes too great or begins to interfere with your life. Both sudden and slow onset pain can be greatly helped with massage. The length of time it takes to achieve long term relief varies. Usually within one to three visits you will feel a noticeable improvement.

Often, people don't know they need a massage until they try one. What once seemed a frivolous luxury becomes a necessary part of a healthy lifestyle.

Massage is relaxing. Massage feels good. Massage reduces the feelings of tension in the body that result from chronic stress. Constant tension in the body is very harmful to health and happiness. Humans learn to live under great stress. We adapt, but this has a price. Massage can help you relax and reduce the effects of stress on

your body. You may not be able to change the things in your life that are stressful, but you need to find a way to relax. Take care of yourself. Get a massage soon.

During the massage a patient lies between two sheets and has additional coverage with a blanket. Hospital gowns are also available if desired. You will be left alone to dress and undress and get on and off of the table. During the massage you will always be covered except for the area being treated. Mary is careful and eager to preserve your privacy and make you feel comfortable and at ease.

Patients wishing to try a massage clothed are welcome to do so in a T-shirt and sweatpants. Mary will still be able to work on your arms, neck and shoulders and your lower legs and feet. The treatment is still effective.

An additional concern by some is positioning on the table. Some people may not be able to lie on their back or stomach for extended periods, or at all. Mary will work with you to find your comfortable position.