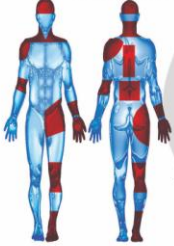


FastTrack Pain & Mobility SOLUTIONS

Quick Recovery for Performance and Function



Twin Palms Massage Therapy
Balancing your Mind, Body, and Spirit.

Eric Goodbar (540) 580-1231
Advanced Drug Free Therapy 5720 Williamson Rd # 101
Rossiter System® & Massage Roanoke, VA 24012
www.TwinPalms.MassageTherapy.com



Your Path to Feeling Better, Moving Better, & Performing Better!

- SAVE \$30.00** 2 specials:
- 1) During your advanced bodywork sessions show that you did a Facebook “check-in” and I’ll mark it down. On your 5th check-in you get \$30 off (not available with some specials).
 - 2) Refer a new client for advanced bodywork and get \$30 off your next session.

What to expect after a session?

Most people notice a significant reduction of pain and stiffness and a sense a well being immediately after the first session. After each session you should not be still and sedentary. Your body was meant to move and we want the changes made to get reprogrammed into your body through natural movement. Otherwise changes may not hold quite as well. If we work the lower body it is recommended to walk (briskly if possible and in grass if you are comfortable and safe) for about 10 minutes after a session so bring comfortable shoes. If we do upper body work only you don’t need to walk, but I do recommend you continue doing things in your day rather than sitting still. You should already be stretching your muscles at home and this will usually assist if you start feeling stiff or achy after the session. On the day of your appointments, I do not suggest pain pills, anti-inflammatory pills, etc. I don’t usually suggest heat/Ice when we work together (that includes hot tubs and saunas). If you do decide to use them anyway, only on the days I do not see you, please DO NOT do it for over 20 minutes at a time. Take it off and do it again later (on and off).

When you wake up you are naturally stiffer and will likely feel more sensation in the problem area. This is normal and I suggest that you start MOVING everything in the body, all joints and muscles, within a normal range and you will soon feel less stiff. After that I suggest taking a short warm (not scolding hot) shower to loosen up some more. After that, I suggest doing some stretches (**I have online video classes available and they’re highly suggested whether I’m seeing you or not**). Once you get more limber you shouldn’t feel as heightened of awareness in the area as when you woke up. After that you will have a better idea of how things are feeling.

On occasion there could sometimes be some mild tenderness felt after the workout that would go away usually within a couple hours. When your body unravels and adjusts to the work the first time, some people don’t adapt as easily to the changes. Some people could feel a rollercoaster of sensations over the course of about 3 days after each session which could be seem good or bad. If these ups and downs happen it’s completely normal and indicates you need to get more work done. Progressively over multiple sessions the ups and downs should be going down showing improvement. If you have any concerns, do not hesitate to call the office. Remember, patterns in the tissues usually develop over long periods of time and to reverse this can take some time and effort, even with the advanced techniques used in this office.

How many sessions will I need?

Most people see a significant change in the first workout. There is no magic number of sessions because everyone’s problem is different and some people will work harder than others to get the desired results. For best results with a problem, multiple sessions scheduled close together (2 or 3 times in a week) and then you will have a good idea if you need more work for that problem or not. You want to make changes and help reprogram the patterns in the connective tissue and nervous system and if you spread your

first appointments out over too much time it isn't as efficient. You might also choose to use the work to open up other areas in the body that aren't problematic yet. This will start to optimize all of the functions in your body by giving more space inside making it easier to operate and heal. Maintenance can restore the daily wear and tear in the body that causes future problems.

Also Available:

Massage Therapy: Either short relaxing sessions on a massage chair or longer sessions on massage table.

What Can I Do For Homework?: Live Zoom sessions or in office or with YouTube Videos.

Specialized and unique lessons to improve Pain, Stiffness, Function & Performance.

- Tap into the Internal and Structural You for Stress, Relaxation, & Better Body Mechanics.
- Wake up your Structure and the Nervous System through Movement to improve Pain, Stiffness, Function & Performance.
- More information on my website. For mobile devices scan QR code.



Gift Certificates: Available Online & In Office.



Cancelation Policy

We understand that unanticipated events happen occasionally in everyone's life. In our desire to be effective and fair to all clients, the following policies are honored:

24 hour advance notice is required

When canceling an appointment. This allows the opportunity for someone else to schedule an appointment. If you are unable to give us 24 hours advance notice you will be charged \$20.00. This amount must be paid prior to your next scheduled appointment.

No-shows

Anyone who either forgets or consciously chooses to forgo their appointment for whatever reason will be considered a "no-show." They will be charged for their "missed" appointment.

Late Arrivals

If you arrive late, your session may be shortened in order to accommodate others whose appointments follow yours. Depending upon how late you arrive, your therapist will then determine if there is enough time remaining to start a treatment. Regardless of the length of the treatment actually given, **you will be responsible for payment of the "full" session.** Out of respect and consideration to your therapist and other customers, **please** plan accordingly and be on time.