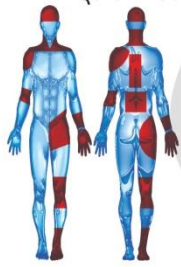


FastTrack Pain & Mobility SOLUTIONS

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 3108 Peters Creek Rd.
Rossiter System® & Massage Roanoke, VA 24019
www.TwinPalms.MassageTherapy.com

Got Pain? Tension?

Get Real **RESULTS!**

Family & Friend Discount:

New Client Intake and Session

\$80 (reg. \$120)

(mention this flyer)

Testimonial: "I have been to Physical Therapy, tried a pain clinic for years, been to Chiropractor, had shots in my shoulder, taken muscle relaxers. But nothing helped as much as the first session with Eric.

I have never felt so good again until the day after I had my 2nd session and I have been feeling good ever since. I can't remember when I could turn my head and neck so far around. It's just amazing I can feel so good without pills, shots, heat, or ice". -Susan C.

Stop the Pain! Improve Performance! Reduce Injury!

Advanced Bodywork & Manual Therapy:

What is this and what is a session like? (Testimonials on website)



If you are tired of pills and traditional therapies and you are ready to be a part of your own recovery, this work could be right for you. This is not traditional Chiropractic, Massage, or Physical Therapy. This advanced bodywork is very effective and efficient when used for your recovery and maintenance all by itself, and it also complements the more traditional therapies by expediting their benefits as well as your recovery. This is unique and specialized work provided by a Board Certified Massage & Bodywork professional with over 20 years of experience in movement and bodywork. Licensed and Insured.

Sessions may include: -Evaluations in your pain, movement, posture, and gait - Intake History of injuries, surgeries, sports, and hobbies (if possible, email history in chronological order). The client can **expect to observe changes and give feedback** between techniques, but extra small talk distracts from the session's progress. The more you **pay attention and work** during the session, the better your results. Results are also accumulative so each session builds on to the previous work done. Techniques usually include combinations of deep tissue work along with movement that you will be actively coached through, restoring the **fascia (connective tissue)* and engaging the nervous system. You may also be guided through movement correctives, some of which can be done at home. The goals are to efficiently restore space and balance in the body so pain drops away and body functions improve.

Usually the client only takes off their shoes and must be able to move without the help of another person. If we address the lower body or low back, bring walking shoes and expect to walk for about 10 minutes very soon after the session, if possible. Some techniques might not be recommended for people with "advanced" osteoporosis. Call if you have questions.

***Fascia (Connective tissue)** is a huge web of tissue that holds everything in our body together, assists in movement, and is the richest organ in our body of nerve endings. When it gets bound up due to injury, overuse, under use, age, etc. there are negative side effects that aren't necessarily in that immediate area. It can restrict nerve communication, limit body movement, and impede distribution of vital food, water, and air. Unraveling this web of tissue provides relief of the negative symptoms such as pain and stiffness and frees up blockages of other internal body functions necessary for thousands of important processes including healing. Keeping the body limber and moving pain free can reduce future injuries for all body types and give peak performance in daily life.

(Recovery) For problem areas, it's best to do a few sessions close together until the problem goes away.

(Maintenance) After Recovery, it's optimal to come in from time to time to go after other aches and stiffness to keep your body feeling great and moving easy in daily life. In keeping your body loose and pain free you will be more aware when you feel something tightening up which leads to bigger problems if left unattended.

(Prevention) Getting occasional appointments in this stage prevents many of the common problems that lead most people to pain relieving drugs that affect the whole body without actually fixing the problem.

(Continued on back)

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.

Does insurance cover these sessions?

Unfortunately in Virginia, health insurance doesn't cover this work, but there are a few exceptions to help some people. **HSA and FSA cards** do work in my office which can save you tax dollars. Also, open **auto accident claims** are covered by auto insurance with medical riders (no discounts are available on auto claims due to extra paperwork needed). Health Insurance coverage limits your care to medicine and other invasive procedures that usually treat the symptoms and not the cause. We should feel empowered to get ourselves to a healthier state and maintain that naturally without the restrictions of the current insurance and healthcare system. Most all joint and soft tissue problems can be resolved much more efficiently and non-invasively with advanced bodywork and manual therapy done in my office.

SAVE \$20.00 2 specials: **1)** During your advanced bodywork sessions show that you did a Facebook "check-in" and I'll mark it down. After 5 check-ins, your next session is \$20 off. **2)** Refer a new client for advanced bodywork and get \$20 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 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 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 DVDs if you are interested). 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.

Also Available:

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

FastTrack Pain & Mobility Solutions

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