



## **Your Massage Therapist**

**James F. Sweeney** is a licensed **Massage Therapist** who has been in the field of massage therapy for over 30 years providing health care for those seeking relief from discomforts due to stresses on the body.

He works with athletes from recreational to professional backgrounds. He also works with the physically challenged.

His many years of playing and coaching baseball, fast pitch softball, and golf provided the skills needed to understand the importance of good body mechanics in all activities individuals are involved in.

Massage therapy is a proven modality used to enhance your health & well-being.

**Call for appointment**

**267-934-9762**

## **Integrated Massage** is a

system of structured touch, pressure, movement, holding and treatment of the soft tissue manifestations of the human body. The primary intent is to enhance the health and well-being of the client.

## **Sports Massage** is a form of

massage which utilizes specific strokes to help athletes obtain maximum performance and physical conditioning by increasing power, endurance, and mobility, both before and after an event or exercise.

## **Reflexology** is a specific pressure

technique that works on precise reflex points. The purpose of reflexology is to alleviate the effects of stress, induce relaxation, revitalize the body's energy, and rebalance its health and well-being.

## **Treatment Plans**

Designed for each individual according to their need. The primary intent is to enhance their health and well-being.

Referrals and treatment prescriptions from other health care providers are accepted.

Each session varies in length of time. The time spent with each individual range from thirty to ninety minutes