



about

Marietta Health & Wellness Center, combines chiropractic care with medical and therapeutic procedures in one state-of-the art facility.

INTEGRATED WELLNESS SERVICES

At Marietta Health & Wellness Center, we take an integrated approach in helping you to achieve optimum overall health by combining chiropractic care with medical and therapeutic procedures. Formerly Dexter Chiropractic, our new name embraces this integrated approach, while continuing the same standard of excellence in care and patient service.

Our approach in integrating massage:

Patients receive an evaluation and exam including X-rays to assist our experienced staff in determining appropriate treatment that integrates chiropractic care with medical and/or massage therapy procedures. This report of findings is discussed with each patient, followed by a outlined, doctor-recommended massage schedule.



MHWC

www.mymariettahealth.com

325 FOURTH STREET
MARIETTA, OHIO 45750

P :: 740.376.9944

E :: info@mymariettahealth.com

pricing

1/2 hour massage: \$30

1 hour massage: \$50

swedish massage :: deep tissue massage
sports therapy :: fibromyalgia therapy

Benefits of therapeutic massage

- Improves blood flow and lymph drainage
- Increases red and white blood cell counts
- Boosts immune system
- Releases endorphins
- Increases muscle flexibility
- Fights depression and anxiety
- Provides fibromyalgia relief



MARIETTA
HEALTH
& WELLNESS
CENTER

massage therapy

& your chiropractic
treatments



MARIETTA HEALTH & WELLNESS CENTER

P :: 740.376.9944

E :: info@mymariettahealth.com

**DOCTOR RECOMMENDED
MASSAGE SCHEDULE:**

Monthly :: No. of sessions _____

Weekly :: No. of sessions _____



HOW MASSAGE CAN HELP

At Marietta Health & Wellness Center, we believe therapeutic procedures such as massage can be an effective compliment to your chiropractic care. Because muscles are attached to bones and joints, it is important for them to be relaxed and stretched to aid in adjustments to the skeletal system. Proper alignment helps to ensure the free flow of nerve impulses and circulation of blood and lymph.

Benefits of combining massage with chiropractic care:

- Helps prepare the body for better adjustments
- Increases the effectiveness of treatments
- Relieves muscle tension and pain
- Helps prevent future episodes of pain/injury

MHWC services include

- | | |
|--------------------|-------------------------|
| Chiropractic | Medical Pain Management |
| Massage Therapy | Physical Performance |
| Physical Therapy / | Assessment |
| Rehabilitation | Stress Management |



understanding
massage

MASSAGE THERAPY

Gentle effective manipulation of the soft tissue provides an increase to muscle dilation and improves muscle healing time. In addition, massage therapy provides a decrease in pain associated with soft tissue injury.

Massage involves manipulating the body's superficial layers of muscle and connective tissue with pressure to enhance function and promote relaxation. Target areas may include muscles, tendons, ligaments, skin, joints, or other connective tissue. In professional settings massage involves the client being treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor.

TRIGGER POINT THERAPY

Trigger-point therapy utilizes massage techniques to improve musculature function by deactivating trigger points that may cause pain or headaches. Manual pressure, vibration, injection, or other treatment is applied to these points to relieve pain for those who fail to show conservative improvement with massage.

friend us
ON FACEBOOK 

Receive exclusive offers, service discounts, and announcements when you like our Facebook page.

types of massage

swedish massage

Swedish massage helps to reduce pain and joint stiffness. It has been proven effective in improving function in patients who suffer with osteoarthritis and poor circulation.

deep-tissue massage

Deep tissue massage helps relieve severe tension in the muscle and the connective tissue. This is therapeutic for patients who experience consistent pain, are involved in heavy physical activity, such as athletes, and patients who have sustained physical injury.

sports therapy

Sports therapy includes a functional assessment of the individual post-injury to provide treatment and rehabilitation of neuro-musculoskeletal injuries.

fibromyalgia therapy

Fibromyalgia therapy involves teach patients with fibromyalgia how to build strength and improve their range of motion to relieve symptoms of pain and stiffness. Patients also learn how to make sensible decisions about daily activities to prevent painful flare-ups.

HRS OF OPERATION

M :: W :: F 8a.m. – 6p.m.

T 9a.m. – 5p.m.

TH 9a.m. – noon

SAT by appointment