



Therapeutic Power of Touch!

Introducing our **Physical Therapy & Massage Therapy Services**

The *Therapeutic Power Of Touch* has been known throughout time. At *Accurate Clinic* we offer both physical therapy and massage therapy.

Physical Therapy

Our physical therapists provide assessment and management of many physical ailments that impair mobility and function. These skilled therapists can help provide relief of pain stemming from cervical and lumbar disc disease as well as injuries involving the joints, especially shoulders, hips and knees. Mobility, balance and strength can be improved through exercise directed by the physical therapist.

We also offer **Myofascial Release (MFR)**, a manual technique which addresses soft tissue, muscle and connective tissue restriction.

These restrictions put an enormous amount of pressure on nerve sensitive tissue, which results in pain. Frequently, muscle imbalances (which is different from weakness) are also present. These imbalances may affect any joint, but are particularly detrimental when they occur in the low back or neck. These imbalances can be markedly improved with MFR.

Massage

Treat yourself to a massage - you probably need one! Relax, relieve your stress and feel better after a therapeutic massage tailored to your needs. It will help reduce your pain as well as ease your anxiety. Schedule your massage same day as your medical appointment or another time at your convenience.

Our massage therapists offer a variety of styles including:

Trigger Point | Swedish | Deep Tissue | Sports | Reflexology

Now is the Time

Accurate Clinic

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