

Massage Makes Movement Possible When Struggling With Concussion & Whiplash Injury Recovery

Did you experience massive whiplash or a concussion from an athletic injury or car accident? With SMART Bodywork® you will receive the best hands-on skills from our licensed and insured massage therapists in your area.

Don't risk further injury and waste your hard earned money on generic massage. Have a dedicated team member all the way through to guide you in setting up your appointments and achieving recovery goals. We hope you experience joy and relief from your massage session with us.



Benefits are:

- Increases blood circulation, Range of Motion in the Injured Area (Head, Neck, Spinal Column)
- Reduces swelling, discomfort and pain in the neck, shoulders and relax the entire body
- Focused bodywork to increase mechanics, reduce discomfort in movement
- Improve dynamic movement faster

Massage We Offer Onsite for Concussion & Whiplash

- Structural Integration which incorporates Myofascial Release
- Cranial-Sacral & other Central Nervous System manual therapy
- Neuromuscular and Deep Tissue Therapy

Recovery Tips for Reducing Neck Pain from Concussion, Whiplash and Activity

- Close eyes, Take Deep, slow breaths, in nose and out mouth, a steady flow for 3 - 5 min.
- If chronic and long-term injury, use a warm towel on the back of your neck.
- If acute and short-term immediate injury, see your doctor and use ice.
- Take index, 2nd and middle finger together (both hands) and massage each individual muscle space deep from baseline of head/neck and moving slowly down through lower C-7 area. (You may use interlocking fingers direct behind vertebrae or separate hands on either side of vertebrae)

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