

Balanced muscles free you from pain

Isometric Muscle Body & Balancing

When the body is completely balanced all systems work optimally – freeing you from pain and ultimately enhancing all areas of your life.

Muscles work in groups and when they become unbalanced can cause a multitude of painful issues. Isometric Muscle & Body Balancing addresses these issues by putting your body into stretch positions while you gently resist pressure from the therapist's hand. The *technique* resets and retrains muscle memory and brings balance back to muscle groups throughout the body, dramatically reducing or eliminating pain.

Isometric Muscle & Body Balancing is gentle, non-invasive and effectively treats acute or chronic pain brought on by illness, injury or postural and structural imbalances.

Results are amazing and can help restore and enhance quality of life for those living with:

- Neck & Back Problems
- Frozen Shoulder
- Rotator Cuff Issues
- Knee & Hip Pain
- Sciatica
- Disc Issues
- Plantar Fasciitis
- Bunions/Hammer Toes
- Fibromyalgia
- Carpal Tunnel Syndrome
- Neurological Disorders
- Traumatic Brain Injury
- Lou Gehrig's Disease
- Parkinson's Disease
- Stroke
- TMJ, MD, MS & Others
- Stress
- Pain from daily activities

Call today to learn more!

Present Moment
MASSAGE & BODYWORK

619 Twinridge Lane • Richmond, VA 23235
contactpresentmoment@gmail.com • 804.339.6371

yourpresentmoment.com

