

MASSAGE

Enjoy the soothing, healing effect a massage can provide: Massage is a terrific way to feel better and restore your sense of well-being. Feel relaxed and experience freedom from muscular tension or pain. Reduce mental and physical fatigue and stress. Improve circulation, promote the healing of tissues, and enhance skin condition.



Jeanette Ammon

I offer an “eclectic” massage concentrating on full-body or specific regions according to the client’s needs. With experience in *Swedish* massage, sports, *Polarity*, *Myofascial*, *Cranial*, *Deep Tissue*, *Reflexology*, and *Pressure Point* techniques—I generally apply techniques as I see or feel needed. Pressure used has been rated as medium to deep. Guided Imagery with light massage and relaxing music for stress reduction is available on request. Approved Bureau of Workers’ Compensation provider with physician’s referral for massage.



Carl Clovis

Basic services include relaxation and Swedish massage, as well as specializations in *Myofascial Release* and *Trigger Point Therapy*. Myofascial release treats and releases soft tissue layers that surround muscle by lengthening restricted fascia. Trigger Point Therapy releases muscle at the muscle/nerve junction.



Michelle Kerns

I am a graduate of the Dayton School of Medical Massage and have also received Reiki training -- a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life. I am experienced in deep tissue and Swedish massage, and trigger point release therapy. During my massage sessions I try to look at the whole person and want to leave you with a sense of balance.



Dave Webb

My clients are the determining factor in which techniques I choose to use. I do *Swedish* to relax and restore that feeling of overall well-being, *Myofascial release* to un-restrict found fascia, *Pressure Point therapy* to smooth and soften tight muscle areas by applying compression to release the tension by either nerve triggering or physically forcing toxins out of the area. *Positional release* which places tense muscle into a position of comfort that helps release tension without causing discomfort, and *Deep Tissue* massage—a much deeper mode of massage. I have attended three weekend symposiums hosted by Dr. Richard P. Vonviky, a leading authority on Fibromyalgia. I may incorporate any of these techniques into a massage, all depending on what results the client desires.

All WellWorks members, OU employees/retirees, OU spouses/dependents, and OU graduate students are eligible for massage services.