



Soft Tissue Mobilization

Your healing is in good hands.

Our bodies are remarkable healing machines, but sometimes they overcompensate a bit. Many times, fibrous or scar tissue from injuries lead to pain and inflammation, limiting our enjoyment of everyday activities. In these cases, Soft Tissue Mobilization (STM), or the application of pressure to the soft tissue structures, lengthens constricted muscles and tissues and can alleviate chronic and acute pain.

Under our therapists' practiced hands, soothing massage therapies bring healing to aggravated tissues and scar-worried muscles.

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Soft Tissue Mobilization is a deeply relaxing, proven therapy that can renew your joy in reaching, stretching and favorite physical activities that you may have been avoiding. STM can help you get back in the garden or on the golf course. This remarkable therapy releases the tension of injuries or emotions that you may have carried around for years - your aches and pains become a thing of the past, and your future becomes one of pain-free freedom of movement.

Please ask us for the many different massages that we offer according to your condition.

Experience the healing power of Soft Tissue Mobilization massage therapy. It's time to mobilize the power of healing. At Wheel of Wellbeing, you're in very good hands.



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