



Dynamic Therapy & Massage (DTM) focuses on the mind body connection. This means focusing on how the brain communicates and operates the body, particularly the recruitment of additional

muscles required to maintain movement, something which can cause muscle tension and dysfunction.

We focus on re-educating the body concerning poor movement habits and patterns which have been occurring for years, causing accumulation of pain and discomfort.

We go beyond the localized pain site to neutralize the underlying issue, to change movement dysfunction rather than simply address a soft tissue issue.

Every session is customized to address each client's unique physical needs and goals, providing continual benefit to bodies of all types, conditions, and ages as they change over time. We help athletes at all stages too, from getting your inner athlete moving again after layoff or injury to priming to perform your best on competition day!

During Dynamic Therapy appointments we feed the brain information by giving it an outside force to prompt your body to react by using muscles that have not been working. This method also targets the tight muscles which have been causing your discomfort; We use movement and massage to loosen these muscles.

DTM is not a Physical Therapy clinic. DTM is not your average massage clinic or spa. It is dynamic therapy. We work with the body's natural movement to re-educate the way the body is supposed to move which increases physical function and capability while reducing pain.

## **Our Services**

- Our Deep Tissue Sports Massage program can help you recover from post event or get you primed to compete.
- Our Full Body Massage program will help relax your muscles pre event or from a stressful day.
- Our Dynamic Therapy program is designed to help you improve your speed, muscle strength, and endurance in training and during competition. The Dynamic Therapy program can also help to optimize muscle recruitment, re-educate poor movement patterns that can cause muscle fatigue.

## **Sign up and SAVE!**

IAM members save \$15 dollars on appointments. Call or click to make your appointment today!

317-513-4659

[Dynamictherapym.com](http://Dynamictherapym.com)