

Muscle Release TechniqueSM

What is Muscle Release TechniqueSM?

Muscle Release TechniqueSM is more than a massage. It is a unique injury therapy that combines compression, extension, movement and breath to provide relief from chronic pain due to repetitive use. Scar tissue is broken up, the muscle is lengthened, muscle memory is restored and relief from pain starts ***immediately***.

What conditions can be helped?

- * plantar fasciitis
- * sciatica
- * tennis elbow
- * tendinitis
- * shin splints
- * migraine headaches
- * golfer's elbow
- * hammer toes
- * chronic low back pain
- * carpal tunnel syndrome
- * knee pain
- * frozen shoulder

How long are the sessions and how much does it cost?

For each isolated issue 3 sessions should be scheduled in a 12 day window. After the 2nd and 3rd session you will be evaluated for progress. If improvement is noted, your therapist will then design a treatment plan to maximize the results.

Session # 1 – 60 minutes, \$85

Your therapist will take a brief health history, educate you on how and why this technique works, provide the bodywork, and then demonstrate specific stretches* to restore muscle memory.

Session #2 & #3 – 30 minutes, \$55

Your therapist will address any questions, provide more bodywork which will build upon the last session, evaluate your progress, then discuss additional sessions if needed.

*Michael Young, founder of this technique, has created a "Stretch for Health" DVD package that accompanies this bodywork to show you how to become more flexible and remain flexible for the rest of your life while preventing pain in your body. Cost: \$45

How do I schedule my 3 sessions?

Please call 412-828-0700 ext. 10 or stop by the receptionist's desk to schedule your appointments.

Please understand due to the high demand and nature of this work if you cancel or do not show for your first session the remaining 2 sessions be automatically canceled. All 3 sessions will need to be rescheduled, which may result in waiting 2-3 weeks.

Benefits, Policies and Hours

Each is explained in the brochure.