



Nationally Board Certified Massage Therapist
Advanced Myoskeletal Alignment Therapist

JOSHUA THOMPSON

Joshua Thompson is a *Professional Member* of the **Associated Bodywork of Massage Professionals**, *Nationally Board Certified in Therapeutic Massage & Bodywork* through the NCBTMB, VA *Certified* by the **Commonwealth of Virginia's Department of Health Professions**, & recognized as an *Advanced Myoskeletal Therapist* with additional training in theory, practice, & clinical application of *Myoskeletal Alignment Techniques*.

BENEFITS OF MASSAGE

- Stretches joints & muscles
- Increases flexibility
- Improves range of motion
- Relieves muscle stiffness
- Relaxes muscles
- Removes pain causing toxins from the muscles

Combining many ground breaking therapeutic tools provides athletes with an innovative & unique massage experience, differentiating it from the average masseur's routine.

- Swedish & Deep Swedish Massage —
- Neuromuscular, Travel, & Counter-strain Work —
- Myofascial Release —
- Shiatsu & Thai Yoga Massage —
- Therapeutic Touch —
- Reflexology & Oriental Pressure Point —
- Myoskeletal Alignment Techniques —

Offering focused therapy for spasms, tightness, stiffness, soreness, pain, dysfunction, neuropathy, or any issues hindering your game!

All session times available — from 5 to 120 minutes

Standard rates = \$40 for 30 minutes; \$75 for 1 hour

CALL (276) 389-8527 NOW

Limited spots available

IT'S TIME YOU FELT YOUR BEST AGAIN!!

