

Metro Family Massage



8005 S. I-35 Service Rd.

Suite #107

Oklahoma City, OK. 73149

www.metrofamilymassage.com

Our Vision:

We are a solution oriented, independently owned, medical massage office that custom creates health promoting sessions to match our clients' needs by offering a full spectrum of professional, alternative perspective, services that co-create opportunities to reach your highest potential and quality of life!

How Our Office Operates:

Each therapist in our office is independent, meaning we all have our own schedules, contact information and are skilled in different types of massage therapy. The best way to get the most successful experience from our office is to call a therapist directly to discuss your specific needs and/or visit our website, www.metrofamilymassage.com, to read our bios, client Success Stories and our Client Case Studies!

Because our business is independent, you are treated like family! Also know that your dollars go straight to your therapist to support their families...as we support you in your health.

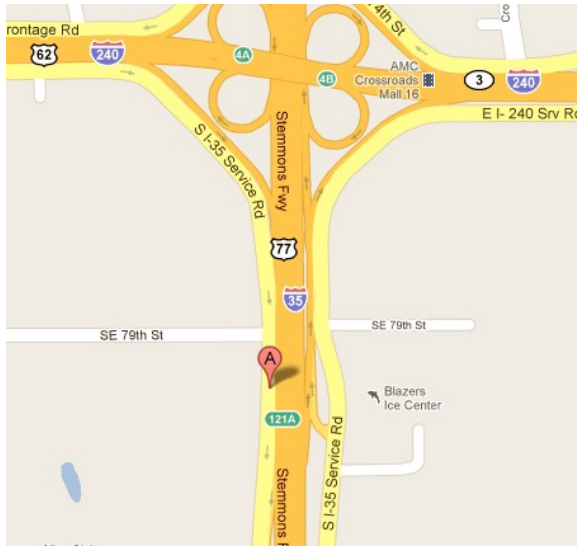
Read about our clients' success stories on our website:

www.metrofamilymassage.com

- **Back Pain** Studies have shown that the effectiveness of massage therapy for persistent low back pain helped **reduce the need for painkillers by 36%**!
- **Headaches** Shoulder stiffness, neck pain & restricted cranial blood vessels all contribute to headaches. Massage therapy increases blood flow, lengths muscle fibers and supports neuromuscular health which **reduces the likelihood and duration** of headaches, cluster headaches and migraines.
- **Osteoarthritis** In the first clinical trial looking at the effectiveness of Swedish massage for knee osteoarthritis, participants who received **a one-hour massage either one or two times a week** had improvements in pain, stiffness, and function. The control group had no such change.
- **Cancer.** Used as a complement to traditional, Western medicine, massage promotes relaxation and reduces cancer symptoms and side effects of treatment. Massage helps to reduce pain, swelling, fatigue, nausea, depression, and improve the function of your immune system.
- **Anxiety.** A review of more than 12 studies shows that massage helps relieve depression and anxiety. It lowered levels of cortisol by up to **50%**. And massage increased levels of neurotransmitters that help reduce depression.

-(webmd)

!!! THANK YOU !!!



Services & Treatments

- Deep Tissue
- Chronic Pain
- Fibromyalgia
- Impinged Nerves
- Limited Range of Motion
- Sports Injuries
- Pregnancy Massage
- Labor & Delivery
- Post-Surgery
- Myofascial Release
- Headaches
- TMJD
- Neuromuscular
- Diagnosed Disease
- Traditional Chinese Medicine Cupping

Disclaimer: We are comprised of unique, talented, very motivated well-educated, LICENSED, CERTIFIED, insured, and extremely thankful individuals. Please note that you will ALWAYS experience a quality professional massage, and nothing less.

Being independently owned and operated gives us the freedom to REALLY enjoy our work, and the chance to constantly reinvent our mission and vision!!

One thing that will never change is our belief that therapeutic massage is definitely NOT solely a luxury. There are many health benefits, and is slowly but surely being more accepted and recognized by the Medical Field as an asset.

!!! THANK YOU !!!

8005 S. I-35 Service Rd., OKC, Ste 107
Located inside the I-35 Office Park

Contact Us!

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