

## Massage Therapy

# Returning you to what's important with effective, hands-on therapies.

At Colorado Injury Treatment Center (CITC), we take a multidisciplinary approach to injury and postsurgical rehabilitation, because we know it works. And along with physical therapy and chiropractic care, massage therapy is an important part of our ability to get significant results quickly.

### ***Using a proven method to achieve the best possible results.***

The rehabilitation specialists at CITC use evidence-based practices to help people get past their injury or surgery and get back to the business of living. Massage therapies — direct, hands-on — have long been essential to physical therapy and rehabilitation. Massage techniques involve working directly on

muscles and other tissue to improve flexibility and range of motion, soften restricted tissue and accelerate the rehabilitation process. Today, massage is a vital part of our capabilities and a key to our reputation for excellence.

### ***Multiple techniques from capable professionals.***

Our massage and physical therapists use a variety of techniques and perform a number of different types of massage, including:

- Deep tissue
- Trigger point
- Myofascial release
- Injury massage
- Structural bodywork
- Massage cupping
- Neuromuscular massage
- Muscle stretching



For more about how we use massage to ensure your best possible function, call CITC today. **(303) 745-0803**