



Hi, I am Megan Breier. As a Licensed Physical Therapist Assistant and a Licensed Massage Therapist I have a good understanding of anatomy and physiology, various forms of manual techniques, and exercise science. With this knowledge I am better able to serve you! I can help you to determine what type of massage/bodywork would be best for you and I can steer you in the right direction if you are seeking additional education and practical ways to alleviate your pain.

Benefits of Massage

- * Promotes relaxation
- * Decreases stress and anxiety
- * Soothes strains and pains throughout the body
- * Reduces muscle tension throughout the body
- * Reduces intensity and frequency of headaches, neck, and back pain
- * Increases circulation throughout the body which can lower blood pressure
- * Improves lymphatic drainage which removes toxins, waste products, and bacteria from the tissue
- * Improves energy level
- * Improves sleep and reduces insomnia
- * Improves self-esteem and feeling of self-worth



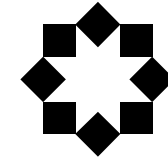
Turn south on Heritage Lane from Highway 16 & go 1-block, turn right on Heritage Blvd & go about 1-block down Heritage Blvd past the Garland Square building and we will be on the left.

Types of Massage

Swedish
Deep tissue
Pre-Natal
Myofascial release
Hot Stone
Reflexology
Craniosacral therapy

1555 Heritage Blvd.
West Salem, WI 54669

Phone: (608) 786-4989



Burkhardt
Physical Therapy
Center, LLC

***Therapeutic Massage/
Bodywork***



Compassionate Care
Proven Pain Relief

Megan Breier, PTA, LMT

Swedish Massage (\$65.00/hr)

Swedish massage is the basic relaxation massage that is the most well known in the Western culture. It is based on the concepts of anatomy and physiology, which is the study of the form and function of the human body. Swedish massage is performed by a licensed massage therapist. During a Swedish massage the therapist performs various massage techniques (including effluage, pettrissage, kneading, friction, and stretching) to loosen and warm up the muscle tissue thereby relieving tissue adhesions or “muscle knots”. The therapist will alter the amount of pressure applied to the tissues depending on the preference of the client. It is called Swedish massage therapy as it was introduced by a Swedish physiologist, Per Henrik Ling.

Deep tissue Massage (\$65.00/hr)

Deep tissue massage is very similar to Swedish massage but focuses more on the deeper layers of the tissue and fascia. A deep tissue massage here at Burkhardt Physical Therapy Center generally focuses more on the common areas of the body that have a tendency to develop increased muscle tension and dysfunction. A deep tissue massage also encompasses additional massage techniques including active range of motion by the client to achieve maximum results.

Pre-natal Massage (\$65.00/hr)

Massage therapy is a wonderful addition to pre-natal care. It is a relaxing way to relieve some of the normal discomforts experienced during pregnancy such as headaches, backaches, neck stiffness, swelling, and leg cramps. The therapist positions the client comfortably in side-lying with soft supportive cushions to decrease back strain and positions her on her back with her back slightly elevated for maximal comfort.

****As precaution massages will not be given if you are in the First Trimester of pregnancy.**

If you are undergoing cancer treatments massages will not be given as a precaution to your health.

Myofascial Release(\$65.00/hr)

Myofascial release is a manual technique used to release barriers or restrictions in the deeper layers of the connective tissue (fascia). This is accomplished by stretching the deep fascial layers using various techniques including the cross hand technique. Deep fascial releases can be performed in all directions and all over the body depending where the restriction is located.



Hot Stone Massage (\$65.00/hr)

Hot stone massage is a form of massage in which the therapist uses smooth warmed stones to perform massage on the body. The therapist also positions the stones on the body to maximize relaxation and decrease muscle tension. Hot stone massage is especially beneficial to those with extremely tense muscles as the heat of the stones allows the therapist to manipulate the muscle tissue more effectively releasing tension and promoting relaxation. The heat also allows for improved circulation which delivers increased oxygen to the tissues, thereby decreasing pain symptoms.



Foot reflexology (\$65.00/hr)

Reflexology is a type of massage that applies pressure to various points on the hands and feet with the goal of benefiting other parts of the body, and for overall improved health and wellness.



Craniosacral therapy (\$65.00/hr)

Craniosacral therapy is a very gentle hands on technique used to decrease pain and dysfunction through releasing restrictions in the tissues surrounding the central nervous system (brain and spinal cord). Craniosacral therapy was originally developed by John E. Upledger, Osteopathic Physician.



**90 minute and 120 minute therapy sessions are also available. Please call for pricing.*