

## What Can Soft Tissue Therapy Do For You?

*It will eliminate your pain and bring your body to the way it was intended to be pain free without pills or surgery*

*The forms of soft tissue therapy I offer, in addition to promote the natural healing process, concentrate on reducing painful local and general conditions, to balance perceived energy inequalities and to enhance sensory awareness. I will also teach you how to remain pain free after you complete your treatment*

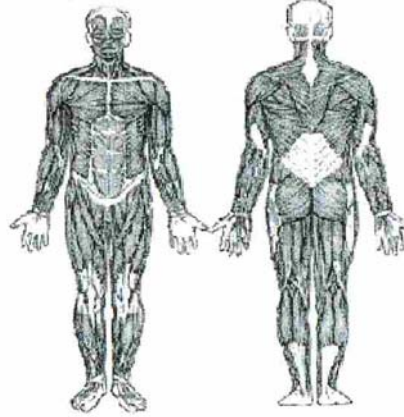
*Musculoskeletal pain and dysfunction has been treated by Western Medicine as an opportunity for surgery and use of painkiller without addressing the real cause of the soft tissue pain. This trend has been changing the last few years when insurance companies came to the realization that soft tissue therapy could save them quite a bit of money.*

## Why You Should Receive Regular Soft Tissue Therapy

*An excellent opportunity for the regular use of soft tissue therapy is created because of the high level of stress in the world today, lack of exercise, and pressures of everyday living. In addition to eliminating the pain, it will help in the following ways: the venous return of blood to the heart, lymph movement out of the tissue, stretching the connective tissue, stimulating the stomach, intestine and colon, improving all body reflex actions, and reducing the risk of injury.*

**THIS IS AN INVESTMENT  
IN YOUR HEALTH  
AND  
NOT A LUXURY**

## TURNING YOUR BODY INTO A PAIN FREE BODY



## SOFT TISSUE THERAPY BY DAVID VILLAFANA, LMT, HHS

### DEDICATED TO DESIGNING TREATMENT PLANS TO MEET A CLIENT'S NEEDS

Nationally Certified in Therapeutic Massage and Bodywork ABMP Member (Associated Bodywork and Massage Professionals)  
Licensed in the State of Florida – MA 37108

Degree in Massage Therapy and Sports Massage  
St. Croix Center for the Healing Arts, Hudson, WI

Degree in Holistic Health Studies  
College of St. Catherine, St. Paul, MN

Studied Sports Massage under James Mally and completed 1200 hours in Sports Massage with student athletes from the College of St. Catherine. Studied Soft Tissue Release under Stuart Taws (this is the most effective and fast treatment of soft tissue dysfunction and pain. Some examples where this treatment has been extremely successful are: sciatica, tennis/golf elbow, back pain, plantar fasciitis, and carpal tunnel) Studied Myofascial Release under John Barnes in 2005 (this is the most effective treatment for body misalignment and soft tissue tightness/dysfunction)

**To Schedule an Appointment Please Call  
David Villafana (941) 223-6724**

## HOW TO

- Balance Respiration
- Release Tight Fascia
- Eliminate Soft Tissue Pain
- Restore the Ability to Relax
- Increase Oxygen to the Blood
- Accelerate the Healing Process
- Regulate Autonomic Nervous System
- Improve Connective Tissue Dysfunction

## APPLIED SOFT TISSUE THERAPY BY



**DAVID VILLAFANA, LMT, HHS  
(941) 223-6724**

BY APPOINTMENT  
L I F E S T Y L E

**FAMILY FITNESS**

1667 US 41 BYPASS SOUTH ~ VENICE, FL 34293

FEEL THE DIFFERENCE  
OF APPLIED  
SOFT TISSUE THERAPY  
BY  
DAVID VILLAFANA

## What is Applied Soft Tissue Therapy?

Applied Soft Tissue Therapy is assessing the cause of your soft tissue problem or problems and developing a plan to bring you to 100% pain free and to teach you how you can continue to be pain free. This can be accomplished using any of the different modalities highly recommended for chronic pain or sports injuries where David's experience and training will help you reach your goal.

- Sports ●
- Craniosacral ●
- Fibromyalgia ●
- Stress Relief ●
- Neuromuscular ●
- Myofascial Release ●
- Deep Tissue/Trigger Points ●

*THERE IS ALWAYS TIME TO BE PAIN FREE*

**GIFT CERTIFICATES AVAILABLE**

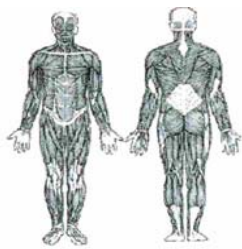
IT IS A COURTESY TO GIVE AT LEAST 24 HOURS NOTICE IF YOU MUST RESCHEDULE OR CANCEL AN APPOINTMENT

(PRICES SUBJECT TO CHANGE)

## **STRESS RELIEF MASSAGE THERAPY TREATMENT**

Stress relief involves a combination of regular massage, Swedish massage, and proprioceptive neuromuscular facilitation techniques to enhance lengthening and stretching procedures. This will relieve anxieties and produce general physical and mental relaxation, as well as promoting sound sleep.

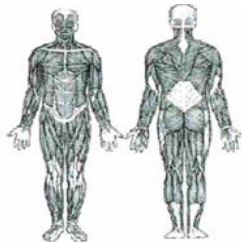
**1 Hour - \$80.00**



## **DEEP TISSUE/TRIGGER POINT MASSAGE THERAPY TREATMENT**

Deep tissue and trigger point are a traditional massage to address minor body pains and tension. It may be combined with Acupressure to relieve migraines, headaches, cervical tension, etc.

**1 Hour - \$80.00**



## **SPORTS MASSAGE MASSAGE THERAPY TREATMENT**

Sports massage is the science and art of applying massage and related techniques to ensure the health and well being of the athlete and to enhance athletic performance. The five major applications of massage in sports are:

- Recovery – To enhance the athlete's physical and mental recovery from strenuous sports activity
- Remedial – To improve a debilitating condition
- Rehabilitation – To facilitate healing after a disabling injury
- Maintenance – To enhance recovery from strenuous exertion, to treat debilitation conditions, and to help the athlete maintain optimal health
- Event – To help the athlete to prepare for and recover from a specific competitive event

**1 Hour - \$80.00**

## **CRANIOSACRAL MASSAGE THERAPY TREATMENT**

The Craniosacral System influences and is influenced by: the nervous system, the musculoskeletal system, the vascular system, the lymphatic system, the endocrine system, and the respiratory system. Abnormalities in the structure or function of any of these systems may influence the Craniosacral System. These abnormalities will have profound and frequently deleterious effect upon the development or function of the nervous system, especially the brain.

**1 Hour - \$80.00**

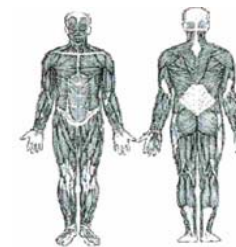
## **MYOFASCIAL RELEASE MASSAGE THERAPY TREATMENT**

Focus in using myofascial release procedures for the patient's relief of pain and the restoration of function.

Fascia is composed of an elasto-collagenous complex. This elasto-collagenous creates a three dimensional web which extends continuously from the top of the head to the tip of the toes, without interruption. Fascia surrounds and infuses with every organ, muscle, bone, nerve and blood vessels all the way down to the cellular level.

Fascia has the propensity through trauma inflammatory processes and poor posture to become solidified and shortened. Fascia will organize along the lines of tension imposed upon it and due to its continuity can then produce bizarre and seemingly unrelated clinical results in adjacent areas of the body.

**1 Hour - \$80.00**



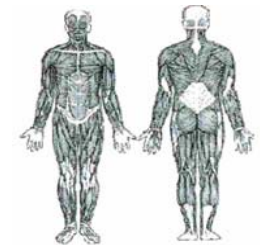
*Always check with your doctor before considering soft tissue therapy*

## **FIBROMYALGIA/NEUROMUSCULAR MASSAGE THERAPY TREATMENT**

Fibromyalgia (FM) is a chronic musculoskeletal condition expressed in widespread pain over the entire body. FM patients (a high percent of whom are women) also suffer from tension headaches, fatigue, stiffness, and sleep disorders.

The proper application of massage and neuromuscular reeducation will restore the ADT (adenosine triphosphate), neuromuscular function, and the stabilization of metabolism will follow with a decrease of the pain sensation.

**1 Hour - \$80.00**



**GRATUITIES ACCEPTED BUT NOT EXPECTED**