

## Treats Actual Root Cause

A symptom is merely a manifestation of a deeper cause that involves much more than the area where the symptom is present.

If we use the analogy of an iceberg, STAMINA® full body orthopedic approach treats the tip of the iceberg (your symptoms) by treating what is beneath the surface (or actual cause of the problem). It is only through treatment of the root cause that you will achieve long term relief.



STAMINA® Massage therapy will significantly improve treatment outcomes while STAMINA® Orthopedic Massage provides further solution based treatment which addresses the origin or root cause of the dysfunction.

## Full Body Versus Spot Treatment

Consider this important example in treating the root cause of the problem. If you have knee pain and only receive spot treatment on your knee, relief is often



temporary. Your symptoms may quickly reoccur because the primary problem within the whole kinetic chain (most likely pelvic mal-alignment) has not been resolved.

Since your muscles are interconnected it only makes sense to treat your full body for optimal results.

## DISCOVER STAMINA®

### Patient Education = Greater Retention

Incorrect posture and other aggravating factors in your daily life can easily cause mal-alignment. Patient education awareness and a few simple self-aligning exercises are integral to successful recovery to retain your STAMINA® alignments.

As part of your STAMINA® treatment protocol your therapist provides access to a password protected link with important patient education slide show, daily ergonomics and exercise videos.

STAMINA® Massage treatments along with correct posture and daily ergonomics maintain your body's optimal alignment and extend your ability to remain symptom free and enjoy your life!



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## INNOVATIVE MASSAGE TECHNIQUE

- ▶ Optimal Muscle/Joint Alignment
- ▶ Optimal Treatment Results
- ▶ Treats Actual Root Cause
- ▶ Improved Treatment Retention

**STAMINA® MASSAGE THERAPY**  
**STAMINA® ORTHOPEDIC MASSAGE**

## DISCOVER STAMINA®



**STAMINA®** is an acronym for **Sheradha Therapy Actuating Muscle Into Natural Alignment.**

**STAMINA®** has identified that most **symptoms originate from muscle or joint mal-alignment.**

### Muscles Can Become Mal-Aligned

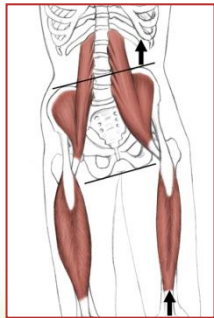
Your muscles perform a function similar to cables on a suspension bridge. If one cable (or muscle) loses its proper tension, then excessive load is transferred to other cables (or muscles) causing compensation patterns.

Muscles become mal-aligned through poor posture, injury or illness with symptoms such as muscular aches/pains, stiffness, tension, numbness, immobility issues and fatigue.



### Muscle Mal-Alignment Affects Joints

When muscles are mal-aligned this can create pressure on joints, leading to problems such as pelvic positional dysfunction or nerve impingement.



If needed your therapist will work within the scope of their practice to either refer you to a manual therapist for structural remedy or with advanced **STAMINA®** Orthopedic Massage training utilize strain/counter strain muscle alignment techniques to take the pressure off the joint structures.

## STAMINA® Massage Therapy



**STAMINA®** Massage therapists are specifically trained to understand alignment principles and treat painful and often debilitating symptoms that occur when muscles are mal-aligned. **STAMINA®** research shows that muscles can easily become mal-aligned if tissues are moved incorrectly. This knowledge allows your certified **STAMINA®** Massage therapist to optimally align your muscles using unique directional techniques during a relaxing, continuous massage flow.

### Kinetic Chain Reaction

All muscles form a kinetic chain. One muscle affects or is affected by other muscles in the kinetic chain. As **STAMINA®** evolved it became apparent that full body treatments produce optimal effectiveness.

Clients regularly experience greater stress reduction, symptom relief and longer lasting results with **STAMINA®** full body treatment approach.

Booking 60 or 90 minute massage sessions will provide the time needed for optimal treatment results and longer retention.



## STAMINA® Orthopedic Massage



**STAMINA®** Orthopedic Massage therapists optimally align your muscles while incorporating powerful neuromotor re-education. These innovative techniques are a game changer for massage therapy with profound treatment results.

With the addition of pre and post treatment functional testing certified **STAMINA®** Orthopedic Massage therapists can quickly identify and effectively treat both the symptoms and the drivers, or root cause, of muscular/skeletal pain and dysfunction. It is the comparative changes between pre and post treatment functional testing that signals the brain, (via neuromotor pathways) that function has been restored.

Neuromotor re-education eliminates compensation patterns, down regulates the invisible drivers of trigger points, muscular pain/tension, and other debilitating symptoms while significantly improving optimal function to the root cause.

Involving your brain in the massage process is unique to **STAMINA®** Orthopedic Massage and sets it apart with high success rates.

