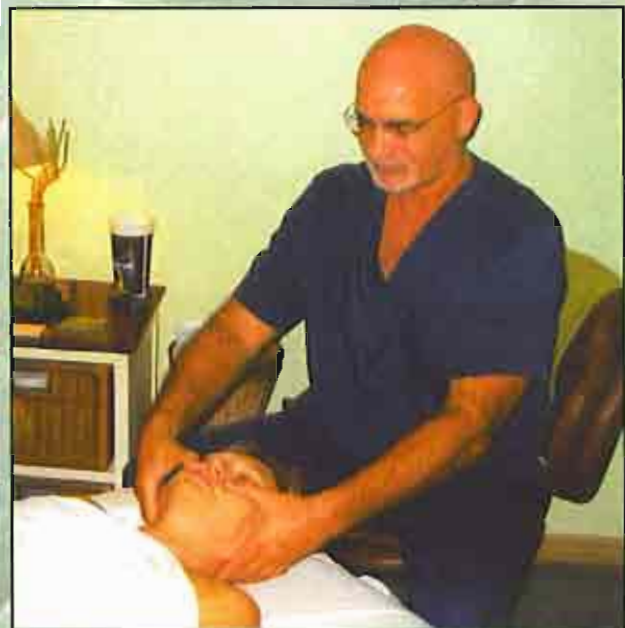


Safe, Affordable Massage Therapy Program

- Neuromuscular Therapy •
- Relaxing Massage •



Carl Ocken
Massage Therapy

at

DOCTORS INN

(Dr. Robert Fedor, D.O.)

13495 Gulf Blvd.

Madeira Beach, FL 34698

727-418-2387

MA-15315 • MM20744

How does a relaxing massage differ from neuromuscular therapy?

If I were to ask for one hour of your time, and told you I could drastically reduce or eliminate your stress, calm your nerves, provide you with a sense of well-being, and tell you the entire process is pleasurable, would you consider it? In so many words, this would describe the results of a good relaxing massage. The entire body could be covered, or perhaps just your back and feet.

It's all up to you. I will quickly determine the correct level of pressure you will most enjoy.

On the other hand, neuromuscular therapy is designed to manage pain. The technique is deeper and more specific. For example, if you experienced whiplash in an auto accident, and your neck and shoulders are stiff and painful, I will likely invest the entire session on your neck and shoulders.



Tell me more about neuromuscular therapy.

This deeper, slower, more specific therapy is highly effective at managing pain from prolonged stress or injury. I have spent the past 16 years practicing the art of managing muscular pain. Briefly described, stress or injury can produce overly tight and contracted bands of muscle buried deep in several layers of musculature.

I will gradually work my way into these tight bands, adjusting pressure to your comfort level, and soften those hard, painful ropes. Neuromuscular therapy is becoming more popular as a pain management tool. Medical doctors, chiropractors and physical therapists have embraced this technique. Insurance companies recognize and reimburse for these services.

Can I get a relaxing massage and neuromuscular at the same time?

Absolutely. This is a high-quality massage that induces relaxation, and at the same time works out painful knots in your muscles.

This type of massage can be accomplished in an hour, however, an hour and a half is recommended to derive full benefit from this detailed work.

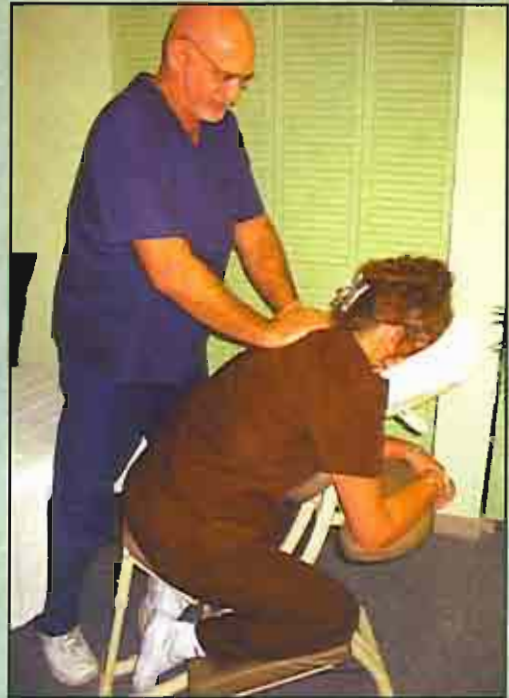


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Massage Therapy



Should I consider massage therapy as an ongoing health program?

Pain and stress not only interfere with your ability to enjoy life, but can also threaten your good health. Research indicates that unrelieved stress can impair your immune system and aggravate many chronic ailments such as headaches and back pain. While the effects of stress are cumulative, massage can break up that vicious cycle. When you make the decision to induce regular massage into your lifestyle, you've committed to a tangible upgrade to your physical, mental and emotional health.



Carl Ocken, L.M.T.

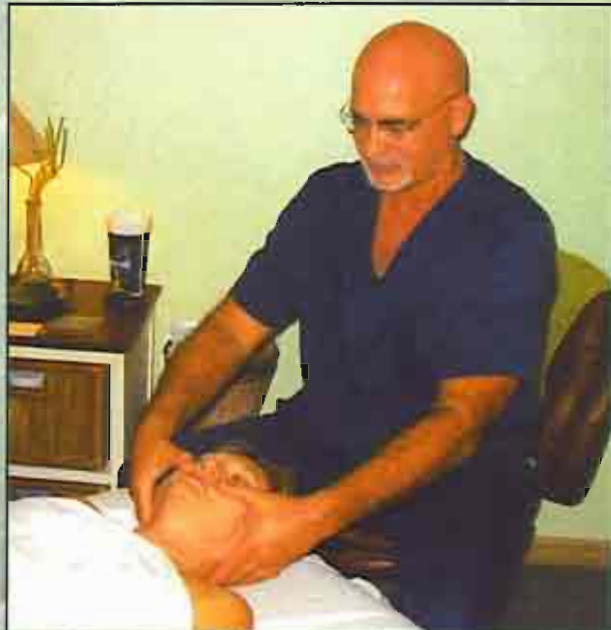
I am a licensed massage therapist, graduate of the Humanities Center, Florida in 1993. Since then, I have practiced massage full time and have had the opportunity to help many people maintain a high quality of life through good health. As well as working out of a doctor's office, I am available to come to your home or office. I am also available to do short 10-15 minute neck, shoulder and back massages in an office setting. I will do this in a comfortable, professional massage chair, and you will be fully clothed.

I also accept insurance.



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