

ALIGNMOTION MASSAGE THERAPY

MOVE BETTER. FEEL BETTER. LIVE WITH LESS PAIN.

A Comprehensive Pain Relief & Movement Restoration Program

AlignMotion Massage Therapy integrates Registered Massage Therapy, proprietary suspension spine alignment therapy, cold laser therapy, and spine hygiene training to help reduce pain, restore mobility, improve posture, and support a more pain-free lifestyle.



THE COMPREHENSIVE TREATMENT PROTOCOL

- ✓ Comprehensive posture and pain assessment
- ✓ Therapeutic massage and myofascial release
- ✓ Proprietary suspension spine alignment
- ✓ Cold laser therapy
- ✓ Joint and soft tissue mobilization
- ✓ Deep core and spinal stabilizer activation
- ✓ Posture and movement re-education
- ✓ Personalized home spinal hygiene and exercise program



WHO MAY BENEFIT

-  Back, shoulder and neck pain
-  Chronic muscle tightness and myofascial pain
-  Poor posture and movement dysfunction
-  Reduced spinal mobility
-  Osteoarthritis and age-related mobility decline
-  Balance impairment and fall prevention



REDUCE
PAIN



RESTORE
MOBILITY



IMPROVE
POSTURE



MOVE WITH
CONFIDENCE



BOOK YOUR ALIGNMOTION ASSESSMENT TODAY

Registered Massage Therapy • Personalized Treatment • Movement-Focused Care

Individual results may vary. Treatment recommendations are based on assessment findings and individual clinical needs.