

FOR IMMEDIATE RELEASE

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RehabFIT Now Offering Massage Therapy

PLYMOUTH, N.H.--- Speare Memorial Hospital's RehabFIT is pleased to welcome licensed Massage Therapist Darlene Nadeau. Drawing on 11 years of massage experience, Nadeau integrates therapeutic modalities such as Swedish massage, orthopedic massage, myofascial release and deep tissue techniques to address clients' specific conditions.

Whether you are a teen, athlete or active senior, massage therapy provides a customized treatment based on your specific needs. This could mean reducing or relieving the impact of stress, pain, soothing overused or injured muscles, increasing mobility and range of motion, as well as providing deep relaxation. Nadeau offers the following massage treatments:

Relaxation: a full body treatment using light pressure and primarily employing Swedish massage strokes. Perfect for calming the mind, and soothing the nerves, this treatment is helpful to reduce stress, encourage relaxation, improve sleep and release tension.

This choice is recommended for a first time massage, those with fibromyalgia, elderly seniors, or anyone who prefers a gentle touch.

Tension Tamer: a full body treatment using medium pressure massage; this therapy employs Swedish massage and myofascial release techniques. This massage is ideal for relieving tight, tired, and sore muscles while still providing deep relaxation.

This choice is recommended for those who prefer more focused attention to problem areas and also want to experience tension relief and relaxation.

Therapist Choice: this treatment is specifically focused on injured, overused, or painful muscle conditions. This therapy combines an effective blend of custom designed techniques to relieve specific problems. This session may include more active movement such as positional release techniques, traction, and stretches (passive, active, and resisted).

This choice is recommended for athletes, computer jockeys, or anyone dealing with chronic pain or strains as well as those seeking a more concentrated and therapeutic focus.

Not sure which treatment is right for you? Nadeau will support you in personalizing a treatment that most benefits you. If you have any special needs, kindly advise our staff in advance of your appointment. To schedule an appointment or for more information call RehabFIT at (503) 238-2225 or email:

rehabfit@spearehospital.com.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com or join us on Facebook.

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