

OUR SERVICES

MANUAL THERAPY

HENDRICKSON METHOD - Soft tissue manipulation, joint mobilization and muscle energy techniques used to restore optimal orthopedic function. A pain-free, deeply relaxing and restorative technique that helps to increase joint range of motion, circulation, dissolves adhesions and scar tissue, and reduces or removes pain.

STRETCH Rx (Fascial Stretch Therapy) - A sequence of assisted, dynamicneuro-kinetic stretches that engage the entire myofascial system by targeting muscles, as well as their neighboring joints, ligaments, tendons, and bones. This technique is gentle, pain free and focuses on unwinding the fascia to reduce the pressure between joints, improve posture, muscle function and allow your body to move with less restriction.

INTEGRATED THERAPY

A blend of either Hendrickson or Stretch Rx manual therapy techniques administered at the same time as other therapeutic modalities (e.g. Pilates, Yoga, Resorative Movement, Corrective Exercise). Integrated therapy can be helpful for common orthopedic and spinal conditions, such as scoliosis, stenosis/disc issues, osteoarthritis and osteoporosis; as well as optimizing performance in the athlete.

MASSAGE THERAPY

Massage can be a vital part of your overall health by allowing for physical, emotional, and spiritual balance. There are a wide variety of Massage modalities and specialty treatments offered by our Therapists. Please see the Massage Therapy Brochure for more information.

OUR RATES

GWEN MILLER

Manual Therapy (The Hendrickson Method)

1/2 hour or 1 hour session \$65 | \$110

Integrated Therapy (Pilates, Yoga, Scoliosis)

1/2 hour or 1 hour session \$40 | \$80

Intake/Assessment Therapy

90 minute session \$145

**discounted session packages available*

CAIRYL GARDNER

Manual Therapy (Fascial Stretch Therapy)

1/2 hour or 1 hour session \$65 | \$115

**discounted session packages available*

MASSAGE THERAPY

Please see the Massage Therapy Brochure for pricing information.

MAKE YOUR APPOINTMENT

CONTACT THERAPISTS

Email and phone number listed for Manual Therapists.
Please see Massage Therapy Brochure for contact info.

ONLINE

www.airportclub.com
Pain & Performance Clinic is located under Wellness tab.

SERVICE DESK

Sign up in person or call 707.528.2582



PAIN & PERFORMANCE
CLINIC

Release · Restore · Rebuild

OUR CLINIC

We pride ourselves in offering support for all of our clients wherever they may be on their health journey. We offer a specialized blend of Manual Therapies including Hendrickson Method, Fascial Stretch, Integrated Movement techniques, and Massage Therapy. Our goal is to get you back to optimal functioning as soon as possible.

OUR THERAPISTS



GWEN MILLER

MANUAL THERAPIST

*HENDRICKSON METHOD THERAPIST
PILATES & YOGA THERAPIST*

CONTACT GWEN:

707.486.5642
gwenm@airportclub.com



CAIRYL GARDNER

MANUAL THERAPIST

FASCIAL STRETCH TECHNIQUE

CONTACT CAIRYL:

707.228.8426
cairylg56@yahoo.com

OUR MISSION

WE LISTEN

We listen to your story. Your experience of pain provides us with the clues needed to help you live pain free.

WE EXPLAIN

We help you understand your pain. This can enable you to be more proactive and recover quicker.

WE TREAT

Our treatment plan is always tailored to your goals. We use Manual Therapy, Corrective Exercises, Pilates, Yoga, Massage Therapy designed specifically for you.

