

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 Therapy, deep tissue techniques, trigger point therapy, and joint mobilization, as well as Integrated Movement and Corrective Exercise therapies. This comprehensive approach addresses the root causes of pain, improves mobility, and restores functional movement—helping you return to optimal health. Our goal is to help you regain strength, ease, and confidence in your movement so you can get back to doing what you love as soon as possible.



APPOINTMENTS

CONTACT THERAPISTS

Email and phone number listed for our Clinic Therapists.

ONLINE

WEBSITE: www.airportclub.com

Pain & Performance Clinic is located under Wellness tab.

SERVICE DESK

Sign up in person or call 707.528.2582

FOLLOW US ON SOCIAL MEDIA

 @airport_club  @airporthealthclub

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, Trigger Point Therapy, Joint Mobilization, Corrective Exercises, Pilates, Yoga, designed specifically for you.



PAIN & PERFORMANCE
CLINIC

Release · Restore · Rebuild

OUR THERAPISTS



GWEN MILLER

MANUAL THERAPIST

*HENDRICKSON METHOD THERAPIST
PILATES & YOGA THERAPIST*

707.486.5642
gwenm@airportclub.com

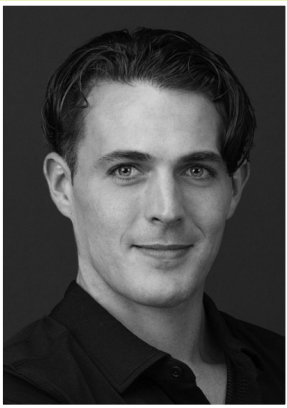


CAIRYL GARDNER

MANUAL THERAPIST

FASCIAL STRETCH TECHNIQUE

707.228.8426
cairylg56@yahoo.com



ADAM VON SOTHEN

MANUAL THERAPIST

949.533.5877
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OUR SERVICES

MANUAL THERAPY

GWEN'S HENDRICKSON METHOD: A gentle, pain-free approach combining soft tissue manipulation, joint mobilization, and muscle energy techniques to restore optimal orthopedic function. This deeply restorative method enhances joint range of motion, improves circulation, reduces or eliminates pain, and supports the release of adhesions and scar tissue for improved mobility and overall well-being.

CAIRYL'S STRETCH Rx (Fascial Stretch Therapy): A sequence of assisted, dynamic neuro-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.

ADAM'S MANUAL THERAPY: A combination of trigger point therapy, compression, joint mobilization, and clothed deep tissue massage techniques. These methods work together to release muscular adhesions, restore balance between opposing muscle groups around joints, and enhance overall movement quality. Sessions may improve range of motion, reduce chronic pain, and contribute to a better quality of life.

INTEGRATED THERAPY

This session provides a customized blend of manual therapies with targeted movement practices like Pilates, Yoga, and Corrective Exercise to address musculoskeletal imbalances. This integrative approach promotes long-term relief from chronic pain, supports recovery from orthopedic and spinal conditions, and enhances overall mobility and performance.

CORRECTIVE EXERCISE

While manual therapy can provide temporary relief from pain, lasting results often require a more comprehensive approach. Corrective exercise targets and strengthens specific muscles to restore healthy movement patterns and postural alignment. By identifying and addressing the root causes of imbalance, patients gain the tools and awareness needed to prevent pain from recurring and support long-term physical wellness.

OUR RATES

GWEN MILLER

Manual Therapy (The Hendrickson Method)

1/2 hour or 1 hour session \$65 | \$120

Integrated Therapy (Pilates, Yoga, Scoliosis)

1/2 hour or 1 hour session \$60 | \$100

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*

ADAM VON SOTHEN

Manual Therapy

1/2 hour or 1 hour session \$65 | \$120

Integrated Therapy (Corrective Exercise, Yoga)

1 hour session or 90 minute session \$100 | \$150

**discounted session packages available*