

Hi Shea, just thought I'd send a note of appreciation for another instance of you being my "Miracle Worker". I can hardly remember all the times you've helped me overcome my aches, pains and injuries with the medical massage that you are so informed of and excel in. This most recent experience was amazing. The fact that I had some unusual symptoms: eye watering, neck pain, jaw hurting and pressure head ache all on the right side of my head/face and you knew exactly what to do to alleviate it still does amaze me. Of course, I shouldn't be too surprised as you've done wonders for me in the past. After knee surgery and the ensuing pain you helped drastically reduce the swelling along with most of the pain. And I still remember the time I hurt my left elbow lifting weights and initially went to my doctor, who then sent me to a physical therapist. After several weeks going to physical therapy with no results I came in for an hour appointment with you. And voila, I walked out of there virtually pain free. I'm not sure if as a professional you hear enough from your clients about how well you do. But I for one appreciate how you've helped me, and just wanted to say thanks.

Kirby B.

Medical Massage was My Frozen Shoulder Answer! After nine months of physical therapy and a manipulation I was still in constant pain and my range of motion had improved only slightly. Desperate to get my active life back a friend suggested I try medical massage with Shea. I felt relief after my first massage and after less than a month, I was completely pain free! Shea listens to me and studies my movements to determine what she needs to do next. She is very knowledgeable in how all the parts work with and against each other. Through this process, I have my range of motion back! Shea is truly amazing. I can't believe I wasted so much time going to painful physical therapy when I could have been pain free! I highly recommend Shea and her team to anyone struggling with pain and not getting relief from physical therapy!

Linda B.

I began presenting shoulder pain in February due to an injury of my deltoid muscle. I immediately called Shea to assess the injury and perform a massage to alleviate the pain. The pain began to subside after numerous appointments but there was still a radiating pain that seem to be nerve pain. After moving from the area and trying attempts at other therapies, I traveled to visit Shea again. She performed several tests to check for rotator cuff or labrum injuries. After asking a series of questions, she realized the pain was coming from my neck. She performed a medical massage and released the severe tension in my neck. My muscles were so tight they were compressing a nerve. I had not been able to lift my arm from my side up to my ear in months. After Shea's work, I was able to have full range of motion and no more pain. I am amazed at how good I feel and that I'm able to continue my day-to-day activities as well as work out. I'm so thankful for Shea and her knowledge, wisdom and expertise in medical massage therapy.

B.H.

I so much appreciated your willingness to find an opening in your schedule - a last minute new patient in real pain! Shea was extremely understanding, knowledgeable of my condition and made me comfortable knowing that I was in good hands.

Sharon S.

Almost 2 years ago, I had an emergency c-section with my baby boy. Unexpectedly, my water broke at 32 weeks. I didn't prepare myself for what to expect or how to heal from a caesarian. So I ended up with a lot of pain for months (over a year). I thought the pain would never go away, but after my sessions with Shea, I rarely feel that pain anymore. I also had laparoscopic surgery not too long ago. After the pain meds wore off, I was in excruciating pain. After only one session with Shea, my pain was completely gone. I am so thankful and blessed for Shea and her medical knowledge. I would recommend her to everyone!

Mandi E.

I read about Massage Therapy Connections on the web and filled out the online questionnaire provided. Over the last year and a half I have been to a number of therapist, chiropractors, even acupuncturist in as a result of an auto accident. Although I received some relief, it was always temporary. My initial visit with Shea was thorough and attentive to my situation. She evaluated my situation and recommended a program and then began to work to pinpoint the areas of most pain, some that have never been relieved before. After six sessions I felt significant improvement. I intend to continue treatment both for relief and then maintenance therapy too. I feel that anyone who has chronic pain hasn't had positive results from their current physician or therapist should try Massage Therapy Connections.

Ray B.

Shea provided knowledgeable and compassionate lymphedema massage as well as counseling specific to managing lymphedema. The leg swelling was reduced with one hour of massage treatment.

Sandra P.

I have been using Massage Therapy Connections for over 2 years. I have been very pleased with them! Recently, Shea, one of the owners, has been working on my bad left shoulder with a new technology called Electro-Therapy by Avazzia. My shoulder has been a source of continual pain for many years. With the use of this technology and the way Shea manipulates and works my shoulder, there has been GREAT improvement in just 3 weeks. This treatment has been very helpful, and I highly recommend it for anyone having physical pain.

Steven K.

I was very impressed with how Shea tried to determine where all of my pain trigger points were before attempting treatment. This allowed her to spend more time working on my problem areas. She was extremely knowledgeable and, most importantly, was able to treat some issues in my back that had been bothering me for months. Her professionalism is outstanding, and I would recommend her to friends and colleagues.

M. Rixon

Back problem is resolving. Pain is going away and relief is being felt.....finally after months of going somewhere else!

E. Stephens

I have chronic back, neck and shoulder pain that has seriously impacted my quality of life. I started with regular massage and with Shea's guidance I switched to deep tissue massages. From there we added stretching and in June of this year we started using the the Avazzia electro-stimulation technology. Adding this technology has allowed my to lift my left arm with out any impingement. A combination of all of the above has given me better range of motion and reduced my pain level. I am now able to walk two miles and perform stretching and strengthening exercises daily. I owe her a great deal of gratitude!

Judy P.

Shea is so helpful. She's personable yet professional. Has been knowledgeable about methods to help alleviate every one of the issues I see her for.

Kirby B.

Shea knows what she's doing! Not only is there pain relief, there is education on how to keep the pain away as well.

Brian L.

I just love this place and Shea is fantastic, there is none better. I have have had several years of neck and shoulder issues. My muscles were so tight in the neck and shoulders that my posture was terrible, everything moving forward. I couldn't sleep and was on muscle relaxers continually. I had been to many doctors, chiropractors and other therapists without any success. Shea took the time to evaluate my situation and recommended an approach that would loosen my muscles, realign my neck and shoulders. It took several visits using myofascial release. My shoulders are back, muscles are relaxed and I finally have relief. I have referred her to many of my clients and she has done wonders for them as well. You always feel welcome at Massage Connection. Thank you Shea for bringing me back to a healthier and pain-free person.

B. Hill

Shea always fixes my issues. Always professional and welcoming.

B. Yoder

Shea is a considerate and dedicated therapist. She takes the time to understand the problem and seeks solutions.

C. Martin