## **Our Gentle Touch**

A Unique Non-Pharmacological Therapeutic Approach

## Indications

- Acute/Chronic Pain Syndromes,
- Headaches,
- Torticollis,
- Poor Posture,
- Kyphosis/Scoliosis,
- Spondylosis,
- Muscle Stiffness and/or Tightness,
- Spasticity,
- Tenderness,
- Myofascitis,
- Sprains/Strains,
- Loss of Range of Motion,
- Intervertebral Disc Displacement/Degeneration,
- Radiculopathy/Sciatica,
- Stenosis,
- Constipation,
- Hypertension,
- Arthritis and Osteoporosis.

## Contraindications

- recent surgery;
- infectious skin disease,
- rash, or
- unhealed wound; and
- varicose veins.