
Massage therapy has become an important part of general health care for many people living with the stresses of modern life.

Benefits of Massage

Massage can be a powerful tool to help you take charge of your health and well-being.

- Helps to relieve stress and promotes relaxation
- Decreases muscle tension and stiffness
- Provides greater joint flexibility and range of motion
- Decreases joint pain due to arthritis
- Helps relieve tension-related headaches
- Helps athletes prepare or recover from workouts and sporting events
- Enhances immune system by promoting movement of lymph fluids
- Improves the health and nourishment of skin (also reduces scar tissue and stretch marks)
- Reduces muscle spasms, cramping, and fatigue
- Stimulates the release of endorphins that work as your body’s natural pain killer

Types of Body Works

- Deep Tissue Massage/Trigger Point Therapy - A vigorous massage where the therapist uses techniques on muscles at a deeper level than the classic Swedish massage. A great choice for athletes or anyone suffering from muscle tension and soreness.
- Sports Massage - The focus of this type of bodywork is to release tight, contracted, overworked muscles used in sport activities. All athletes, including the weekend warrior, can benefit from this.

Rates

Payment is due at the time of service.

- 30-Minute Massage: $40
- 60-Minute Massage: $65
- 90-Minute Massage: $90
- Package of Five 60-Minute Massages: $300 ($25 savings)

Hours

MONDAY-FRIDAY

By Appointment Only

Sari Catto is a graduate of the American Institute of Massage and is a Certified Massage Therapist by the Virginia Board of Nursing. In addition to being a CMT, Sari is also a Certified Athletic Trainer.

bonsecoursphysicaltherapy.com
Bon Secours Physical Therapy and Sports Performance Locations

Patterson Avenue Clinic
9600 Patterson Avenue
Richmond, Virginia 23229
Phone: 804-285-6818 | Fax: 804-754-4292

St. Francis Watkins Centre
611 Watkins Centre Parkway, Suite 300
Midlothian, Virginia 23114
Phone: 804-325-8822 | Fax: 804-794-3986

DIRECTIONS

• From the North: Head west on I-64. Take the Glenside Drive South exit, Exit 183A. Merge onto VA-356. Stay straight to go onto Horsepen Road. Turn right onto Patterson Ave-VA-6 W. 9600 Patterson Avenue is on the right.
• From the South: Head north on VA-288. Merge onto Patterson Ave-VA-6 E toward Richmond. 9600 Patterson Avenue is on the left.
• From the East: Head north on I-95. Merge onto I-64 W via exit 79 toward I-195 S Powhite Parkway Charlottesville. Take the Glenside Drive South exit, Exit 183A. Merge onto VA-356. Stay straight to go onto Horsepen Road. Turn right onto Patterson Ave-VA-6 W. 9600 Patterson Avenue is on the right.
• From the West: Head south on Gaskins Road. Turn left onto Patterson Ave-VA-6 E. 9600 Patterson Avenue is on the left.

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COMING THIS FALL
Bon Secours Washington Redskins Training Center