

# MASSAGE THERAPY

EXPERIENCED • COMPREHENSIVE • CONVENIENT

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TWIN CITIES  
ORTHOPEDICS

# PERSONALIZED MASSAGE THERAPY

Using specific techniques, such as deep tissue massage and trigger point release, TCO massage therapy aims to reduce tension and pain and help increase range of motion.

## BENEFITS

- Relieve post-operative pain
- Reduce low back pain
- Increase range of motion
- Decrease chronic neck pain
- Decrease joint-replacement pain
- Reduce muscle tension
- Relieve stress
- Relieve tension headaches

## FOR LOCATIONS, PRICING & APPOINTMENTS

Visit [TCOmn.com/SportsPerformance](https://TCOmn.com/SportsPerformance)

Email [SpecialtyPrograms@TCOmn.com](mailto:SpecialtyPrograms@TCOmn.com)



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