

Orthopedic Massage Now Offered at Vista Natural Wellness Center in Oakland

Vista Natural Wellness Center, in Oakland, now offers orthopedic massage as part of its massage therapy services. Staff massage therapist Beth Nolan has more than 25 years of experience in the field of holistic health.



Nolan explains that orthopedic massage involves therapeutic assessment, manipulation and movement of locomotor soft tissues to reduce or eliminate pain and dysfunction. A unique multidisciplinary approach restores structural balance throughout the body, allowing the patient to focus on the prevention and rehabilitation of musculoskeletal dysfunctions, chronic pain and sports injuries. The orthopedic approach includes functional assessment, myofascial release, cross-fiber gliding strokes, neuromuscular therapy, scar tissue mobilization techniques, proprioceptive neuromuscular facilitation (PNF) stretching, neuromuscular re-education, strengthening and appropriate home care. The combination of these techniques allows clients to obtain immediate and permanent results in even the most challenging and complicated situations.

Besides massage therapy, Nolan's background also includes applied kinesiology, nutrition, Reiki, reflexology and yoga.

Vista Wellness Center also offers therapeutic deep-tissue massage, reflexology, aromatherapy and thermography, as well as yoga (taught by Nolan and other instructors) and Zumba classes.

Location: 191 Ramapo Valley Rd., Oakland. For more information, call 201-644-0840, email VistaNaturalWellness@yahoo.com or visit VistaNaturalWellness.com. See ad, page 10.