

Revive Therapy Massage

"Professional Hands That Care!"

Revive Therapy Massage integrates massage and myofascial release techniques with medical knowledge for effective treatment. Therapist Steve Metzger is also an RN with 30 years experience.

Swedish Massage uses medium and light strokes for muscle relaxation and pain relief. Improved circulation relaxes muscles, cleanses the body and promotes better health. Stress reduction comes from relaxation, decreased stress hormones and professional hands that care. Oil and lotion are used to allow long, flowing strokes.

Deep Tissue Massage uses slower, deeper strokes to relax tight muscles and painful soft tissue. Slow methodical pressure with trigger point therapy and other techniques release tight muscles and eliminate pain. Swedish massage supplements deep work for relaxation. Less oil or lubricant allows sustained pressure and release of tension.

Medical Massage requires medical knowledge and technical skills to treat clients with chronic or acute conditions. Patients with diabetes, high blood pressure, fibromyalgia, chronic pain, cancer, etc. can be safely and effectively treated with a trained therapist and medical release. Therapist Steve is an RN and CMT, with 30 years experience in health care.

Myofascial Release is soft tissue therapy for pain relief, increased range of motion and balancing the body. When tension in muscles and fascial tissue is released the connective tissue and fascia becomes more flexible and reorganized resulting in better alignment, decreased pain and body balance. Emotional tension may also be released. This treatment makes massage therapy more effective and longer lasting.

Post Partum Massage improves the transition after delivery. Specialized treatment assists the pelvis and all systems return to pre-pregnancy condition and supports the new mom. Steve is an RN and has advanced training and certification in post partum therapy.

Post Surgery Recovery facilitates your recovery. Surgery reduces function and leaves scar tissue. Integrated techniques reduce pain, restore mobility and bring better body balance. Surgical scar treatment improves function and also relieves pain. Therapist Steve is an RN with experience in hospital and outpatient care.

Pregnancy Massage is safe and effective. Expertise is important to safely support pregnancy and prepare for delivery. Therapeutic pregnancy massage improves Mom's comfort and Baby's health. Steve is an RN certified in pregnancy massage

Sports Massage enhances conditioning of athletes for optimal performance, recovery after events and treatment of injuries. Myofascial release and massage effectively treat pain, balance the body, promote healing and improve body function. Therapist Steve is an RN with experience in orthopedics and trauma, equipped to support the athlete and active persons.

Women's Health Therapy specializes in a holistic approach with skilled and caring hands to treat problems specific to women. Massage, myofascial release and other therapy allows the body to relax, heal and return to optimal functioning.

Revive Therapy Massage
Sacramento and Fair Oaks
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