

Amy McGauley LMT NCTMB, is a licensed and nationally certified massage therapist who graduated from the Chattanooga Massage Institute in 2006. A 500 hour state accredited program that included Anatomy, Physiology, Kinesiology, Pathology, Swedish, Sports, Trigger Point and Deep Tissue courses. Amy is a native of Chattanooga and continually stays active in the community with events like past Leukemia/Lymphoma Society marathon walk coach for 6 yrs and completed 6 marathons. Amy uses various modalities including Deep Tissue, Trigger Point Therapy and Orthobionomy. She is also certified in Geriatric Massage.

Professional Member of the American Massage Therapy Association.

Licensed by the Tennessee Board of Massage. License # 6423

Continuing Education Classes taken:

LMT Success Group Day of Back/Neck, Day of Upper Extremity/Lower Extremity

LMT Success Group Posture Analysis

Trigger Point Therapy with New Horizons

Whiplash Syndrome with Judith Walker Delany

Phase 4 Orthobionomy

Level 1 & 2 Geriatric Massage with Daybreak

Upcoming Training: Gravity Game with Judith Walker Delany

Myofascial Mobilization with John Barnes

Available for appointments beginning Sept 21 by calling 423-762-9080 or emailing Amy at walknfool@comcast.net.

Purpose of Massage

The benefit of a therapeutic massage comes from the purpose of the massage. It can rid your body of life's every day stresses, reduce muscle pain, help alleviate the discomfort of certain ailments, or just help restore balance to your body and mind, leaving you feeling rejuvenated and helping you maintain a life of wellness and good health.

How Can Massage Be Medically Beneficial?

Massage therapy helps you relax, re-align and rejuvenate. There are many positive aspects to receiving massage therapy on an ongoing basis, and with the busy lives we lead, we can all benefit from a little stress-management.

More Americans are turning to therapeutic massage treatment to provide relaxation, relieve tension associated with the daily stresses of their busy lives, or simply to help maintain good health and achieve a balanced lifestyle. Oh, and let's not forget how great it feels to be treated by a professional massage therapist.

There are so many healthy benefits to receiving massage therapy on a regular basis:

Relieves Stress

Encourages Relaxation

Improves Posture

Improves Circulation

Lowers Blood Pressure

Helps Manage Pain

Improves Flexibility and Range of Motion

Relieves Tension-Related Headaches

Strengthens The Immune System

Enhances Post-Operative Rehabilitation

Improves Rehabilitation After Injury

Manage Fibromyalgia Pain Naturally