

Chiropractor Now Offers Massage In Encinitas

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K2 Health Center, a chiropractic clinic based in Encinitas, California, is proud to announce they are now offering therapeutic and sports massage services in the Encinitas area. The massage techniques being applied in the clinic are not only used to help athletes recover from injury, they are also used as pre- and postpartum massage, for lymphic drainage, and as myofascial release therapy.

Dr. Stephen P.A. Keener of K2 Health Center says, "We're very excited to add a wide variety of massage options for our patients. As one of our therapists from the beginning, Julie brings a lot of experience to the massage table. Previously she worked on teams such as the San Francisco 49ers as well as the Golden State Warriors. Currently she works with some of the athletes from the Los Angeles Chargers, which for us is a boon for our patients looking for the latest massage therapies."

Two of the techniques of massage Encinitas mothers want to look into are pre- and postpartum massage. As the mother's body changes, aches and pains pop up out of nowhere. During a pre-natal massage, special cushions and holes are made to accommodate the mother's belly. The bodywork doesn't involve deep tissue massage on the legs, as blood clots that tend to form on the legs can get dislodged. However, deep tissue work can be done elsewhere on the body, depending on the mother's preferences. Even gentle pressure can help release stress hormones, reduce swelling, and increase blood flow throughout the body.

Many of the same benefits can be found in postpartum massage as well. The stress of taking care of a baby after birth can negatively affect the mother, causing a number of problems including delayed healing, lack of sleep, and hormone imbalances. Postpartum massage brings many of the same improvements that pre-natal massage does, but can also improve breastfeeding, sleep, and even aid in combating postpartum depression.

"Many mothers may not feel like they deserve to get a massage so soon after giving birth because they feel like they're indulging so soon," says John B. Kupper, D.C. of K2. "In fact, postpartum massage should not only be treated as a rest day for mom, but also as a vital part of care after giving birth. It offers so many benefits that moms should get a massage as soon as they're able to."

Sports massage is a very different technique from deep tissue or full body relaxation techniques. It is geared toward active people or athletes who are trying to recover from injury or improve flexibility. This type of massage tends to involve more movement during the session, as the therapist will work with the patient to recommend ways to maintain the recovery. For athletes recovering from injury, this type of massage can be targeted to help them release stress hormones and promote healing. Many athletes will get a sports massage to prepare for a competition weeks in advance, or use it post-event to promote recovery. Many experts believe that getting a sports massage regularly will help to prevent injury.

Dr. Keener and Dr. Kupper are committed to making Encinitas, Leucadia, Carlsbad, Cardiff, Encinitas, Solana Beach, Del Mar, and the surrounding areas happy and healthy. They target families of all ages and use only the most cutting-edge techniques to assist in the healing of many health problems, from migraines to gastro-intestinal issues to fatigue and more.

The positive effect of the care that the doctors and therapists give their patients at K2 is seen through the many glowing reviews they have received. Says S.A. on Yelp, "Dr. Keener and Dr. Kupper have redefined chiropractic care for me and my family. I suffered from migraine headaches for over 20 years until I received an adjustment from Dr. Keener. These wonderful doctors have a state of the art approach far different and more specific to treat neck and spinal misalignment. [...] They have helped me and my family make the health changes I am looking for. My 82 year old mother is now a happy patient here and improving her comfort and health. I bring my infant grandson for treatment as well. Because of a birth injury he was not able to turn his head effectively to the left side. I am happy to report that because of Dr Kupper's treatment he has full range of motion now. I highly recommend K2 Chiropractic if you want to be healthier and feel better."

For those looking for more information on K2 Health Center's new massage offerings, or to book an appointment, the clinic's website can be found at <http://k2healthcenter.com/>.

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For more information about K2 Health Center, contact the company here: K2 Health Center Dr. Kupper & Dr. Keener (760) 456-9470 info@k2healthcenter.com 317 N. El Camino Real Suite 110 Encinitas, CA 92024

K2 Health Center

Encinitas chiropractors Dr. Kupper and Dr. Keener are well known as the top pain management doctors in Encinitas. They have helped numerous patients with all sorts of issues including upper back and neck pain.

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