# True Potential Chiropractic Offers Massage Therapy in Beaverton

*October 05, 2022*

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True Potential Chiropractic, a provider of chiropractic massage Beaverton residents can benefit from, wants to emphasize that they are offering personalized massages through their licensed massage therapists (LMTs). The LMTs are capable of using various methods for enhancing overall health and wellness. Each of their LMTs have expertise in rehabilitative deep tissue modalities; are sensitive to the specific needs of all genders, ages, cultures, races, and ethnicities; use methods that recover and enhance function and range of motion; can offer coaching both in-session and post-session homework; and provide in-depth instruction on self-care techniques.

The LMTs at True Potential Chiropractic have often helped patients recover from various common life challenges and collaborate with their chiropractic physicians to provide therapy for imbalances in the joints and muscles, dysfunctions, and compensations, such as whiplash and other injuries due to car accidents; strains, sprains, and muscle cramps; temporomandibular joint (TMJ) disorders; headaches, back pain, and neck pain; and traumatic injuries such as slips and falls.

Each LMT can choose from various modalities, such as: craniosacral therapy, cupping, aromatherapy, trigger point therapy, deep tissue massage, myofascial release, decompressive taping, sports massage, swedish massage, and prenatal massage. A massage therapist can also augment the massage experience by adding aromatherapy, cupping, and kinesio tape.

Aromatherapy is a holistic healing method that employs natural plant extracts as a way to enhance health and well-being. Aromatherapy works through skin absorption and sense of smell by applying products such as aromatic spitzers, diffusers, lotions, creams, and body oils. Cupping is an ancient method that employs suction to stretch the body?s fascia as a way to allow fresh blood to circulate more deeply through muscles in an effective and gentle way. The improvement of blood flow may result into the enhancement of the overall function, recovery, and performance of the fascia, muscles, joints, and lymphatic system. The cupping

pressure can be adjusted to be appropriate for the patient?s sensitivity. And the massage therapists may also provide kinesio-taping or K-tape, which offers a way to gently and continually open the fascia for a few days. The K-tape can be used for extending the efficacy of cupping treatment or as an add-on service after a session of massage therapy.

They also would like to dispel various myths regarding massage therapy. These include the belief that: all massage therapists should be the same; massage needs to be painful for it to work; and a bad experience with massage is due to a bad massage therapist. It is important to communicate to the massage therapist one?s preferences before the massage begins, with regards to pressure, music preferences, lubrication types, draping ?snugness,? table heat and room temperature, position, head cradle position, and amount of verbal communication.

Founded in 2013, True Potential Chiropractic is committed to providing lifestyle care to everyone, especially for family members. This chiropractic clinic has evolved into one of the leading providers of family corrective care Beaverton residents can trust. Dr. Bryen Bell established the clinic to offer non-drug solutions as the primary option in providing health care. Shortly after their transfer to the Pacific Northwest during the summer of 2013, Dr. Bell founded a fully computerized and modern corrective care family wellness center in Beaverton, Oregon. This is a sports rehab and family chiropractic practice for assisting patients attain better wellness and health, by depending on maintenance and prevention, instead of offering treatment only after a health issue is already present, such as pain, disease, or disability. He employs a wellness philosophy based on the six laws of the human body, which are: diet, exercise, mindset, alignment, stress management, and rest.

When requiring a sports chiropractor Beaverton residents can go to, people can visit the True Potential Chiropractic website, or contact them through the telephone or via email. They are open from 9:00 am to 1:00 pm and then from 2:00 pm to 7:30 pm on Tuesdays, Thursdays and Fridays; and from 9:00 am to 1:00 pm on Saturdays.

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For more information about True Potential Chiropractic, contact the company here:True Potential ChiropracticDr. Bryen Bell503-574-4872drbell@tpcportland.com8283 SW Cirrus DriveBldg 15Beaverton OR, 97008

## True Potential Chiropractic

*True Potential Chiropractic is an award winning wellness center located in Beaverton OR. TPC is able to assist from*

*prenatal to adults with their pain relief, personal injury and corrective care. Bodywork, stretch and chiropractic therapy is available.*

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