



Active Chiropractic Highlights Holistic Approaches For Massage Therapy in Raleigh

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Active Chiropractic provides a variety of massage therapy services that integrate multiple modalities to support overall health and recovery. The practice employs techniques such as Swedish massage, deep tissue massage, sports massage, prenatal massage, trigger point therapy, lymphatic massage, and Reiki to address conditions including chronic pain, stress, muscle tension, and sports injuries. These services form part of a broader commitment to holistic care, where therapists tailor treatments to individual needs, promoting relaxation, improved circulation, and reduced inflammation.

Massage therapy at the practice focuses on treating the body as a whole rather than isolated issues. Therapists draw from extensive training to create customizable sessions that consider both physical complaints and emotional states. For example, craniosacral therapy works directly with the nervous system to foster deep relaxation, while Reiki incorporates energy work to enhance emotional and physical balance. This approach allows patients to experience relief from symptoms like anxiety, depression, trauma, pain, and other discomforts that impact daily life. The team's collaborative environment ensures that massage therapy complements other treatments available at the practice, contributing to comprehensive wellness plans.

Active Chiropractic offers massage therapy in Raleigh, NC, through a team of licensed professionals with diverse expertise. Lindsay Dusseau, a certified craniosacral therapist and licensed massage and bodywork therapist, brings nearly 17 years of experience to her sessions. After graduating from the Cortiva Institute of Massage Therapy in Chicago in 2008, she expanded her skills to include craniosacral therapy and certifications in Reiki levels I, II, III, and Master. Her method involves an intake process that encourages open discussion about physical and emotional well-being. Other team members, such as Allie Farmer, who has nearly two decades of experience and specializes in therapeutic techniques for chronic pain and athletes, and Joshua Larimar, certified in Reiki and cranial sacral therapy with a background in myofascial release and trigger point therapy, add depth to the massage offerings. Susan Rotman, with over two decades serving women in the area, focuses on pregnancy and postpartum support using Swedish, deep tissue, cupping, and craniosacral therapy. Lydia Smith provides restorative and therapeutic bodywork, including lymphatic massage, firm Swedish with myofascial elements, reflexology, prenatal massage, and Graston Technique for fascial restrictions.

The integration of these modalities reflects the practice's emphasis on natural, non-invasive methods to restore balance. Massage therapy sessions aim to enhance flexibility, reduce swelling, support the body's natural detoxification processes, and improve immune function, aligning with the overall goal of empowering patients to manage their health proactively. For instance, trigger point massage applies focused pressure to release muscle knots, while lymphatic massage uses gentle strokes to stimulate lymph flow. Sports massage caters to athletes by preventing and treating exercise-related injuries, and prenatal massage adapts techniques for expectant mothers to alleviate tension safely. This variety ensures that individuals with specific needs, from post-surgical recovery to nervous system recalibration, receive appropriate care.

Dr. Molly Hall, chiropractor and owner of Active Chiropractic, explained the role of massage in the practice's methodology. "Massage therapy serves as a key component in addressing musculoskeletal issues alongside chiropractic adjustments, allowing for a more complete resolution of underlying tensions," said Dr. Hall. "The expertise of our therapists enables us to offer treatments that support the body's natural healing processes."

Lindsay Dusseau, certified craniosacral therapist and licensed massage and bodywork therapist at Active Chiropractic, discussed her holistic perspective. "Treating the emotional and physical body together through integrated modalities like Reiki and craniosacral therapy helps individuals navigate challenges such as anxiety or chronic pain more effectively," said Dusseau. "This approach fosters a space where the body can achieve true relaxation and resilience."

Beyond massage therapy, Active Chiropractic incorporates other services to promote holistic health. Evidence-based interventions include chiropractic adjustments, which use techniques like diversified, drop

table, and flexion-distraction to correct spinal misalignments and alleviate conditions such as back pain, sciatica, headaches, and joint dysfunctions. Softwave therapy applies shockwave technology to stimulate cellular repair, enhance blood flow, and accelerate tissue regeneration. Dry needling targets muscle trigger points to relieve tension and improve mobility, often used for chronic pain or athletic recovery. Neuropathy treatments combine multi-disciplinary methods to restore sensation in affected areas. Complementary approaches such as Reiki and craniosacral therapy provide additional support for relaxation and balance. Lifestyle education provides guidance on nutrition, exercise, and ergonomics to prevent future issues.

The practice's team includes chiropractors like Dr. Matthew Murphy, who specializes in treating extremities and structural imbalances with instrument-assisted methods and physiotherapy. Gigi Dube-Clark, neuropathy director and registered nurse, applies her emergency care background to customize protocols. Administrative support from Emma Bowman and Rosanna King facilitates smooth operations. Lindsay Gilbert, holistic health coach and certified personal trainer, leads programs focused on nutrition and red light therapy.

Active Chiropractic originated from Dr. Molly Hall's vision after her graduation from Logan College of Chiropractic in 2005. With certifications in Active Release Technique and Neurokinetic Therapy, she established the practice to address chronic soft tissue injuries and prenatal care through natural means. Over the years, the team has grown to include professionals dedicated to integrating chiropractic principles with complementary therapies. Situated in Raleigh, NC, the practice serves the community by focusing on preventive strategies, patient education, and non-invasive interventions to enhance quality of life. This emphasis on collaborative, evidence-based care continues to guide its operations, ensuring that services like massage therapy contribute to lasting health improvements.

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Active Chiropractic

Founded in 2005 by Dr. Molly Hall, a passionate chiropractor and health advocate, we are proud to be a holistic healthcare provider located in the heart of Raleigh, North Carolina.

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