



West Suburban Wellness Provides Massage Therapy in DuPage County, IL

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West Suburban Wellness offers massage therapy in DuPage County, IL as part of its services at the Lombard clinic. The practice has integrated massage therapy alongside chiropractic care since opening in Lombard in May 2005.

Massage as a healing tool has been around for thousands of years in many cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. Healers throughout time and throughout the world have instinctually and independently developed a wide range of therapeutic techniques using touch. Many are still in use today. Scientific observations support various benefits of massage, ranging from support for chronic conditions and injuries to assistance with tensions associated with modern lifestyles. Having a massage does more than just relax the body and mind. Specific physiological and psychological changes occur, even more so when massage is utilized as a preventative, frequent therapy along with chiropractic treatments.

In an age of technical and, at times, impersonal medicine, massage offers a drug-free, non-invasive and humanistic approach based on the body's natural ability to heal itself. West Suburban Wellness provides several types of massage therapy. Swedish massage relaxes body tensions using long, fluid strokes and a number of muscle kneading techniques. It improves circulation, reduces tension and relieves sore muscles. Pre-natal massage relieves headaches, relaxes muscle tension, reduces fatigue, alleviates backaches, relieves leg cramps, reduces swelling or edema, relieves pain, and enhances sleep. Deep tissue massage focuses on connective tissues and works deep into the muscle to help ease and release long held patterns of muscular tension. Trigger-point massage is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release.

The practice performs massage therapy only at its Lombard location. The clinic maintains a team of four doctors of chiropractic who coordinate care. In addition to Dr. Timothy C. Weselak, D.C., C.C.W.P., the doctors are Dr. Carolyn Spadafino, Dr. Vito Spadafino, and Dr. Matt Greenberg. Each holds advanced technique training. Massage therapy complements the chiropractic services offered for conditions that patients report, including neck pain, back pain, sciatica, pain associated with herniated discs, pinched nerve symptoms, headaches, migraines, scoliosis, shoulder pain, hip pain, and fatigue. Care also addresses issues linked to pregnancy, arthritis, and sports injuries. Pediatric services use gentle adjusting techniques. Prenatal care focuses on discomforts during pregnancy. Approaches for senior patients support mobility.

According to the American Massage Therapy Association (AMTA), massage therapy produces various benefits. It increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs. It stimulates the flow of lymph, the body's natural defense system. Increased circulation of blood and lymph systems improves the condition of the body's largest organ, the skin. Massage relaxes and softens injured and overused muscles. It relieves pain for migraine sufferers. It improves range-of-motion and decreases discomfort for patients with low back pain. It provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion. Massage releases endorphins, the body's natural painkiller. It reduces spasms and cramping. It reduces recovery time, helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level. Massage reduces post-surgery adhesions and edema and can be used to reduce and realign scar tissue after healing has occurred. It increases joint flexibility. It assists with shorter labor for expectant mothers, as well as less anxiety, and shorter hospital stays.

Dr. Timothy C. Weselak founded West Suburban Wellness after graduating from the National College of Chiropractic in 2000 and practicing initially in downtown Chicago before returning to his hometown of Lombard. He attended the University of Illinois at Urbana-Champaign and Glenbard East High School. He holds certification as a Certified Chiropractic Wellness Practitioner and completed training in ICPA Pediatric Adjusting Techniques. He maintains diplomate status with the National Board of Chiropractic Examiners. Dr. Weselak serves as president of the Illinois Prairie State Chiropractic Association. He received the IPSCA

Chiropractor of the Year award for 2021-2022 and the IPSCA Beacon of Light Award in 2021. He maintains membership in the Lombard Chamber of Commerce.

During high school, Dr. Weselak experienced severe pain in his right shoulder while pitching for the baseball team. Initial self-care attempts with ice, heat, topical applications, and over-the-counter medication brought no relief. Following a recommendation from his father, who had received chiropractic care, he consulted a chiropractor. The evaluation identified a tendon strain and vertebral misalignments in the neck. A course of adjustments and exercises was recommended. Dr. Weselak reported returning to pitching pain-free within a couple of weeks without medication or surgery. This experience led him to research chiropractic principles.

"The integration of massage therapy with chiropractic care supports the overall approach at the practice," said Dr. Timothy C. Weselak, D.C., C.C.W.P., founder of West Suburban Wellness.

West Suburban Wellness has operated in the Lombard area for more than 20 years. It functions as a family chiropractic clinic serving patients of all ages through natural techniques centered on spinal alignment and nervous system considerations. The framework examines relationships between spinal alignment and broader health factors, consistent with chiropractic training. Massage therapy forms one component of the services available.

For patients seeking massage therapy, the clinic offers various scheduling options during office hours. The practice assists with coordination of care. Techniques involve manual approaches that align with the therapeutic traditions described. Regular sessions contribute to the physiological changes noted in historical and contemporary use of massage.

As president of the Illinois Prairie State Chiropractic Association, the emphasis remains on professional standards applied in daily operations at West Suburban Wellness, said Dr. Timothy C. Weselak, D.C., C.C.W.P.

The origins of the practice connect to Dr. Weselak's high school encounter with chiropractic methods. Techniques involve manual spinal evaluations supplemented by modern tools. For active individuals, approaches incorporate guidance on strengthening and movement patterns informed by his baseball background. Family services accommodate pediatric and prenatal needs across generations. Lifestyle discussions address routine factors influencing spinal health. Massage therapy provides an additional option for patients addressing tension and recovery needs.

West Suburban Wellness maintains scheduled appointments and personalized plans. The clinic serves residents throughout DuPage County. The approach aligns with the founder's described introduction to the field and ongoing chiropractic principles. Massage therapy remains available as part of the comprehensive

services offered at the Lombard location.

West Suburban Wellness functions as a family chiropractic practice established in Lombard in 2005. The clinic applies techniques focused on spinal alignment and nervous system considerations for individuals across all age groups.

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For more information about West Suburban Wellness, contact the company here: West Suburban Wellness Dr. Tim Weselak (630) 629-9500 info@westsuburbanwellness.com 1127 S Main St Lombard, IL 60148

West Suburban Wellness

We provide families, adults and children (we specialize in pediatric care) the highest level of natural chiropractic care with modern technology and excellent customer service.

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