

# massage therapy

Bon Secours Physical Therapy and Sports Performance



good sport

good  
help™...

is getting back to  
yourself...or better

**Relieve tension. Enhance athletic performance. Reduce pain.**

Massage therapy has become an important part of general health care for many people living with the stresses of modern life.

## Benefits of Massage

**Massage can be a powerful tool to help you take charge of your health and well-being.**

- Helps to relieve stress and promotes relaxation
- Decreases muscle tension and stiffness
- Provides greater joint flexibility and range of motion
- Decreases joint pain due to arthritis
- Helps relieve tension-related headaches
- Helps athletes prepare or recover from workouts and sporting events
- Enhances immune system by promoting movement of lymph fluids
- Improves the health and nourishment of skin (also reduces scar tissue and stretch marks)
- Reduces muscle spasms, cramping, and fatigue
- Stimulates the release of endorphins that work as your body's natural pain killer

## Types of Body Works

- Deep Tissue Massage/Trigger Point Therapy - A vigorous massage where the therapist uses techniques on muscles at a deeper level than the classic Swedish massage. A great choice for athletes or anyone suffering from muscle tension and soreness.
- Sports Massage - The focus of this type of bodywork is to release tight, contracted, overworked muscles used in sport activities. All athletes, including the weekend warrior, can benefit from this.

### Rates

*Payment is due at the time of service.*

- 30-Minute Massage: \$40
- 60-Minute Massage: \$65
- 90-Minute Massage: \$90
- Package of Five 60-Minute Massages: \$300 (\$25 savings)

### Hours

**MONDAY-FRIDAY**  
*By Appointment Only*



**Sari Cattoni** is a graduate of the American Institute of Massage and is a Certified Massage Therapist by the Virginia Board of Nursing. In addition to being a CMT, Sari is also a Certified Athletic Trainer.

[bonsecoursphysicaltherapy.com](http://bonsecoursphysicaltherapy.com)



**BON SECOURS**  
SPORTS MEDICINE & PHYSICAL THERAPY

**Good Help to Those in Need®**

# Bon Secours Physical Therapy and Sports Performance Locations

## Patterson Avenue Clinic

9600 Patterson Avenue  
Richmond, Virginia 23229  
Phone: 804-285-6818 | Fax: 804-754-4292

### DIRECTIONS

- **From the North:** Head west on I-64. Take the Glenside Drive South exit, Exit 183A. Merge onto VA-356. Stay straight to go onto Horsepen Road. Turn right onto Patterson Ave-VA-6 W. 9600 Patterson Avenue is on the right.
- **From the South:** Head north on VA-288. Merge onto Patterson Ave-VA-6 E toward Richmond. 9600 Patterson Avenue is on the left.
- **From the East:** Head north on I-95. Merge onto I-64 W via exit 79 toward I-195 S Powhite Parkway Charlottesville. Take the Glenside Drive South exit, Exit 183A. Merge onto VA-356. Stay straight to go onto Horsepen Road. Turn right onto Patterson Ave-VA-6 W. 9600 Patterson Avenue is on the right.
- **From the West:** Head south on Gaskins Road. Turn left onto Patterson Ave-VA-6 E. 9600 Patterson Avenue is on the left.

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## St. Francis Watkins Centre

611 Watkins Centre Parkway, Suite 300  
Midlothian, Virginia 23114  
Phone: 804-325-8822 | Fax: 804-794-3986

### DIRECTIONS

- **From North/West of Richmond:** Take Rt. 288 South to the Midlothian/Powhatan exit; stay in right lane to the Watkins Center Parkway exit. Stay straight on Watkins Centre Parkway after you go through three traffic circles. Cross Midlothian Turnpike and go around the first traffic circle to the left and enter the parking lot.
- **From North/East of Richmond:** Cross the James River on Powhite Parkway. Take Powhite Parkway to Rt. 288 North to the Rt. 60 West/Midlothian/Powhatan Exit. Take a left at the first traffic light, which is Watkins Centre Parkway. Go around the first traffic circle to the left and enter the parking lot.
- **From Midlothian/Chesterfield/Bon Air:** Take Rt. 60/Midlothian Turnpike West approximately five miles past the intersection of Midlothian Turnpike and Courthouse Road. Turn left at the traffic light at Watkins Centre Parkway (first light after you cross over Rt. 288). Go around the first traffic circle to the left and enter the parking lot.

