

**Q. How Is *PUSH* Therapy<sup>SM</sup> different from massage?**

**A.** The PUSH experience, protocols, and results are quite different. Clients are treated while completely clothed. With a customized treatment plan, PUSH integrates systematic muscle therapy work with client education and mobility training.

The goal of PUSH Therapy is to permanently change the soft tissues of the body so that lasting improvements in structure, function, and performance are achieved.

**Q. What does “*PUSH*” stand for ?**

**A. Power Under Soft Hands**  
Service Mark of Takatsuno Therapies, Inc

**BODYWORK etc**

**303.399.8006**

**[www.trypush.com](http://www.trypush.com)**

## **PUSH** Therapy<sup>SM</sup>

Chronic muscle tension is often overlooked as an underlying source of pain. In most adults, this condition develops slowly over time and will not improve without intervention.

***PUSH* Therapy<sup>SM</sup>** relieves pain and restores normal, healthy function to muscles and soft tissue. New and innovative manual techniques are applied to related muscle groups and their attachments. Systematic methods restore nutrient-rich blood flow to the areas where chronic tension is present.

When muscles begin to function normally, structural alignment and mobility improve. Pain is eliminated.

***PUSH***® treatments are customized to meet unique individual needs. Clients are also trained to use easy and practical techniques that enable them to heal more quickly and maintain changes on their own.

## **questions & answers**

***What is *PUSH* Therapy<sup>SM</sup>?***

***How does it work?***

***Why should I get *PUSH*® treatments?***

***How long is a typical treatment?***

***How soon will I get better?***

***Are *PUSH*® techniques similar to physical therapy?***

***Don't I need to get undressed?***

***How is *PUSH* Therapy<sup>SM</sup> different from massage?***

***What does “*PUSH*” stand for?***

**Q. What is *PUSH Therapy*<sup>SM</sup>?**

**A.** PUSH Therapy<sup>SM</sup> is a new and very different type of muscle therapy. It was developed by Takatsuno Therapies specifically to relieve the pain that comes from chronic passive tension that develops in soft tissues. This tension is often the most contributing source of ongoing pain and discomfort.

**Q. How does it work?**

**A.** PUSH Therapy<sup>SM</sup> is based on a unique and systematic approach that restores blood flow and oxygen. Hands-on pressure is applied to related muscle groups and soft tissues. Re-training and self-treatment are integrated to obtain faster results.

The PUSH Treatment Plan<sup>SM</sup> achieves long-term changes in structural anatomy and posture. As a bonus, clients learn to maintain those changes for themselves.

**Q. Why should I get *PUSH Therapy*<sup>SM</sup>?**

**A.** It can benefit anyone who suffers from muscle or joint pain or stiffness. This therapy is also effective in providing relief from arthritis, carpal tunnel, migraine fibromyalgia, plantar fasciitis, repetitive strain injury, restless leg, sciatica, tendonitis, TMJ syndrome, whiplash, and other conditions.

Sports enthusiasts rely on PUSH<sup>®</sup> treatments to prevent injury and sustain peak performance.

**Q. How long is a treatment?**

**A.** PUSH Therapy<sup>SM</sup> sessions typically last from 60 – 90 min.

**Q. How soon will I get better?**

**A.** PUSH Therapy<sup>SM</sup> involves assessment of individual needs. Once the location and causes of pain are identified, a specific personalized treatment plan is created. Many see improvement after the very first treatment.

**Q. Are *PUSH*<sup>®</sup> techniques similar to physical therapy?**

**A.** PUSH<sup>®</sup> techniques release and lengthen tight and rigid, contracted muscle tissue so it can return to a relaxed and supple resting state. The overall objective is to relieve pain, increase range of motion, improve muscle tone and restore correct postural alignment.

Physical therapy, in general, focuses on building strength in specific areas and using ultrasound, stretching, and other techniques to loosen tissues.

**Q. Don't I need to get undressed?**

**A.** Not at all. You receive PUSH<sup>®</sup> treatments while you are fully clothed. Loose, soft, comfortable clothing, like sports or workout clothes are preferred. The only thing you will be asked to remove is your shoes.