



Another **Dodgeball** season is upon us!

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The question is, how will you gain the edge that will allow you to take home the championship?

Whether it is devising a better warm up, correcting aging injuries, improving fitness, or keeping that throwing arm strong and solid, I can help you.

In addition to being trained in Swedish massage, lymphatic drainage, myofascial work, and joint play, I also use progressive techniques such as 'manual muscle testing' and accupressure. These tools allow for a more accurate and informed assessment and treatment of pain and Range Of Motion (ROM) issues - which often go hand in hand. Because there is never only one specific muscle for any given movement, by ascertaining which muscles, groups of muscles, or joints or joint complexes are working in a suboptimal way, a much more logical and efficacious effort can be directed toward relieving the problem(s).

My name is Andrew Slater and I am Registered Massage Therapist (RMT). I have been playing in the league for about 3 years with the "Clusterfuks".

For incentive beyond the ensured physical gains, if you have a benefits package through your work or insurance company, you will be able to receive reimbursement for the treatments I provide.

Take home the championship!  
Call 416-922-5512 for booking  
You'll feel the difference!