

Allison Voigt

Massage Therapist & Personal Trainer

Allison Voigt is a massage therapist and personal trainer specializing in rehabilitation and injury prevention. She received her Master of Science degree in Exercise Science and Health Promotion from California University of Pennsylvania and has many years of experience in the rehabilitation setting.



Allison believes in taking the time to find and treat the source of pain not just the symptoms. She helps patients manage their pain, heal completely and prevent injury.

Jerry Waterbeck

Massage Therapist

Jerry Waterbeck has recently joined our staff as an experienced clinical massage therapist graduating from the Daniels Massage Institute. He has had his own full-time massage practice and was voted in the Top 3 in the City Magazine Awards as Best Massage Therapist and Best Deep Tissue Therapist.



Jerry is passionate about helping people make healthy changes and solving chronic pain syndromes. Jerry and Allison both work closely with Dr. Davidson as clinical specialists in postural and muscular retraining and rehabilitation combining massage therapy, chiropractic, orthotics and rehab therapies.

Back Resort Therapeutic & Rejuvenation Massage

The Back Resort offers Clinical Therapeutic Massage and Rejuvenation Massage to our patients that is conveniently scheduled in our clinic and coordinated with your chiropractic treatment plan.

Our massage therapists are trained and experienced in working with specific clinical conditions with muscle, soft tissue and myofascial components. Our 30 and 45 minute clinic sessions are targeted to specific condition areas such as the neck, mid-back, low back, shoulder, hip, knee etc.

Therapeutic massage is a deep tissue massage that is beneficial for specific conditions such as chronic muscle spasms, spinal pain syndromes, post-traumatic myofascial pain, knotted painful muscles and fibromyalgia muscle pain.

View, download and print our office massage brochure with packages, hours and pricing and purchase online Massage Gift Cards conveniently at BackResortMassage.com.

BACK *Resort*

& Rejuvenation Health Center

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Web BackResort.com
BackResortMassage.com
MassageOnTheJob.com

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Phone (540) 389-BACK (2225)

Dan Davidson D.C.
Chiropractic Massage Rehab Weight Loss
Nutrition Exercise Orthotics

Massage



OnTheJob.com

ON SITE

MASSAGE THERAPY
TO RELAX, RENEW &
REJUVENATE YOUR
WORKFORCE

BACK *Resort*

& Rejuvenation Health Center

We now offer on site Massage Therapy at your business or workplace. One of our clinical massage therapists will provide chair massages to your employees as part of our "Massage On The Job" program.

Massage



OnTheJob.com

A host of studies shows that massage — especially chair massage — relieves stress, reduces negative and depressive feelings, increases alertness and the ability to perform tasks better, and generally makes the workday more pleasant and productive for everyone.

A 1996 randomized, controlled study in the International Journal of Neuroscience (26 people got chair massage, 24 just relaxed in the massage chair for the same period, two times per week for five weeks) found that **those who receive massage are both more relaxed and more alert, are less anxious and depressed**, are faster and more accurate on math computations, and have lower levels of cortisol (the “stress hormone”).



A 2000 study by the University of Miami School of Medicine found that **massage recipients have both lower cortisol and lower blood-pressure levels.**

A 2006 review of the research on massage concludes that **massage recipients' cortisol levels are reduced by 31%, while dopamine and serotonin levels (neurotransmitters associated with “feeling good”) increase by 28% and 31%, respectively.**



The modern workplace can be a stressful environment. By helping to reduce the effects of stress regular massage can help break the stress cycle and promote a happy and productive work life.

Benefits To Your Company & Workforce

- Improves mental alertness, focus, concentration, productivity and profitability.
- Reduces tension in key areas of the body and muscle along the spine.
- Alleviates stress, increases morale, and reduces staff absence.
- Leaves your workforce feeling valued and invested in.

PRICING

Each 15 Minute Session - \$15

Workers Pay For Our Service & You Provide Space
Appointments Scheduled Every 20 minutes

Hourly Rate For All Workers - \$45

Employer Pays For Our Service As A Work Perk
Appointments Scheduled Every 10 to 20 minutes



Cat Naps Are Optional

Currently we only offer Massage On The Job to humans! Any cat naps or cat massages that may take place is between you and your boss!