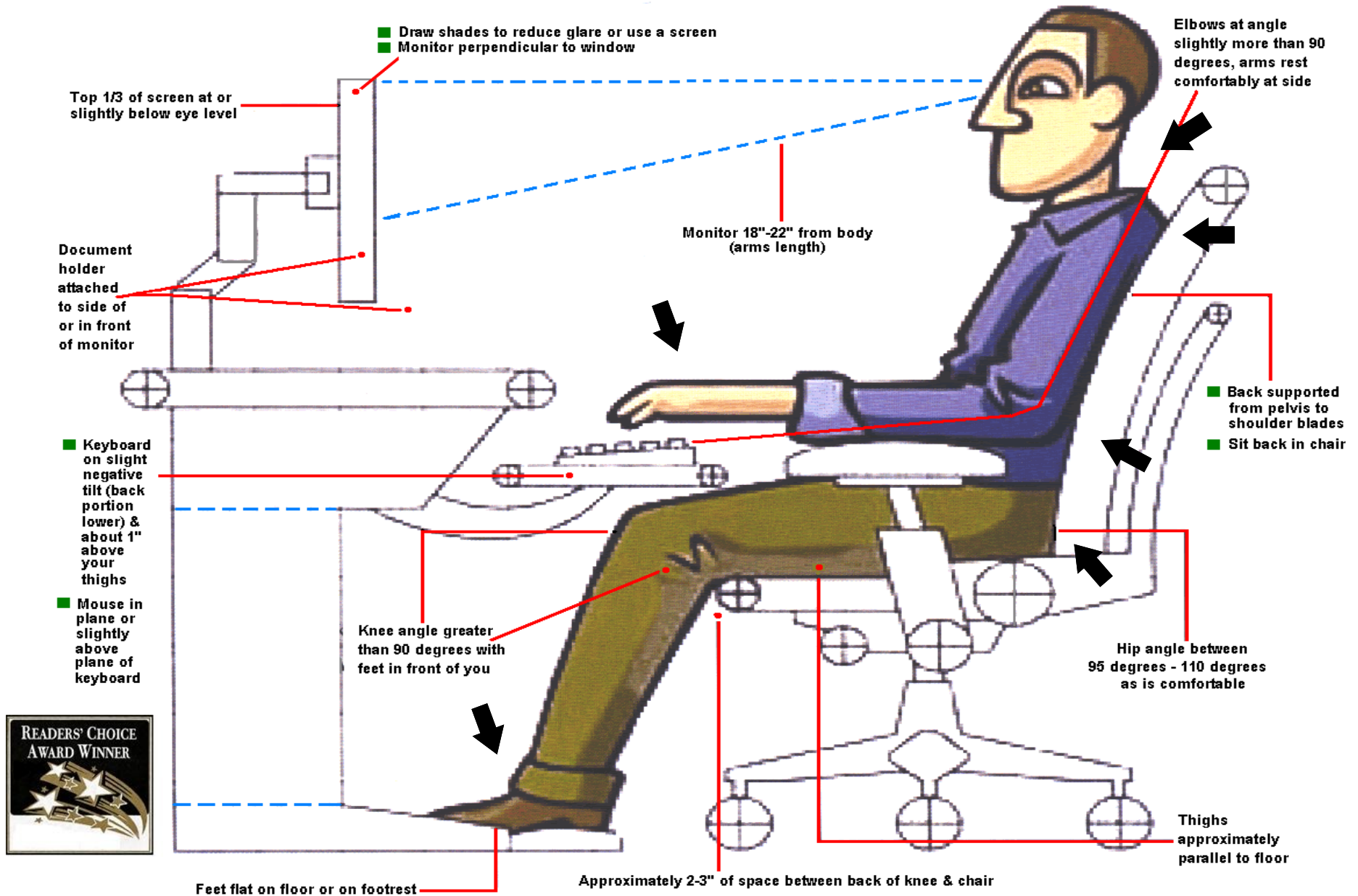


Ergonomics for the Computer Workstation



ARE YOUR EMPLOYEES OVERSTRESSED?

From manufacturers to hospitals to the auto dealerships, companies across the country are using seated massage services to make work less of a pain in the neck for employees. Seated massage provides hard-working employees with a convenient method of alleviating the stress inherent in these competitive times. Slouching at a desk for prolonged periods often result in lower back pain. Repetitive motion injuries, such as carpal tunnel syndrome, are common among office workers. A 5 to 15 minute stress-buster seated massage relieves tension to the neck, back and shoulders, reducing irritability and increasing productivity.

CONVENIENCE; Seated massage is performed in the workplace . Your employees will be seated upright on a special massage chair and will remain fully clothed. The session generally lasts from 5 to 15 minutes. The chair is lightweight and portable, enabling it to be set up in virtually any office or break room.



BENEFITS; Studies have shown that immediately after massage the subjects experienced a change in brain waves in the direction of heightened alertness. Furthermore, they reported stress levels and elevated moods. This was in addition to the usual benefits of massage, relief of muscular tension, revitalized energy and a stronger immune system

GEORGE KOMAR

Medical Provider Massage Therapy
Ohio & Federal BWC-Certified
Nationally Certified
Licensed: Ohio & WV

- Massage Therapist...Licensed in Ohio, West Virginia and Nationally Certified (NCTMB) Serving the Tri-State Area.
- CERTIFIED and CEU's:
Myofascial Release, Trigger Point Therapy, Acupressure, Manual Lymph Drainage, Pre-Natal, Deep Tissue Massage, Swedish Massage, Comfort Touch, Medical Massage for Extremities, Cervical, Thoracic and Lumbar regions, Full Body Relaxation, Reiki, Couples Massage, Seated Massage, Therapeutic Massage, Parent Educator for Infant Massage
- Member Associated Bodywork and Massage Professionals ABMP

OHIO VALLEY MASSAGE HAS PROVIDED SEATED MASSAGE TO THE FOLLOWING:

Swisher International * Sal Chemical * Vapor Jet Ball Corporation * National Genealogical Conference
Riverside Medical * Weirton Medical Center
Trinity Heartland * Relay for Life * ICMA Conference
Baymont Inn * Oglebay Resort * Nardone Chiropractic
Ft. Steuben Mall * Pittsburgh Regional Boat Show
Women's Expo Jefferson County Chamber
Mountaineer * Ohio Valley Nurses * Trinity Dialysis
JCC * Weirton Chamber Ladies Day
Teramana Cancer Center * United Way * Mittal Steel
* Valley Hospice * Lauttamus Communication

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WE WERE NOT BUILT TO WORK AT A DESK ALL DAY!