

Sharon Bruskotter, M.T.

Sharon Bruskotter is a graduate of the American Institute of Massotherapy in Tiffin, Ohio. She is licensed by the State of Ohio Medical Board for medical practice limited to therapeutic massage.

Sharon has also received a certificate of completion for Pregnancy Massage and Neuromuscular Therapy from the Institute of Integrative Health Care Studies, Pine Bush, New York.

Sharon also has more than 30 years experience as a licensed practical nurse. She also holds membership as an internationally- certified massage therapist through Associated Bodywork and Massage Professionals.



Life is a teacher. In Aug. 2003 I was diagnosed with breast cancer. Now I am a survivor of cancer. Therefore I am reaching out to other cancer survivors to offer my services of massage therapy. Massage helped my body to cope, relax, and rest.

-Sharon

Massage Therapy

Massotherapy is skillful touch applied to the soft tissues of the body which can therapeutically relieve stress, pain, and help restore mobility.

Sessions are one hour or half-hour in length, provided in a private room on a specially designed therapy table. Therapeutic techniques are applied based on your health needs and medical history.

Benefits of Massage

- ◆ Improves normal range of motion to areas stiffened due to overuse, disuse, or injury
- ◆ Helps boost immune system by increasing the flow of lymph
- ◆ Helps boost and maintain energy levels
- ◆ Stimulates circulation and increases nutrition to body cells

Gift Certificates Available!

Massage Makes a Great Gift Idea--
All Year Long!

Massage Therapy



Sharon M. Bruskotter, Massotherapist
Licensed by the Ohio State Medical Board

Sessions available by appointment only:
To schedule call:

419-238-5886

Mon.- Fri., 8:30 a.m.- 5 p.m.
24-hour cancellation notice appreciated

Practicing at:



1119 Westwood Drive, Van Wert

What is Massotherapy?

Massotherapy is for you! It is a skillful touch being applied to various parts of your body to encourage healing and relief of pain and anxiety.

Massotherapy is an ancient healing art which balances your body. Stress, for example, can cause muscles to become imbalanced and go into chronic spasm. The contracted muscles press against nearby blood vessels and nerves, impeding circulation and causing pain or numbness.

In many cases, just a few massage treatment sessions can release the muscle spasms, relieve pain and restore mobility to the area.

Given by Whom?

Massotherapy is delivered by a state-licensed massotherapist who is trained in physiology, anatomy and massage skills at an accredited school of massotherapy.

How is Massotherapy Done?

A therapeutic massage is given in a very discreet manner in a private room. The client lays on a specially-designed massage therapy table on his/her back, wearing undergarments and covered with a sheet.

The massage is for YOU! So, relax and allow your body to discover new avenues of release.

Discover Safe, Effective Pain Relief and Relaxation!

Benefits of Massage

- ◆ Stimulates circulation thereby increasing nutrition to the cells of your body
- ◆ Improves normal range of motion to areas stiffened due to overuse, disuse, or injury
- ◆ Helps boost immune system by increasing the flow of lymph
- ◆ Helps boost and maintain energy levels
- ◆ Useful in pain management
- ◆ Relieves fatigue
- ◆ Relieves muscle soreness and joint stiffness
- ◆ And more.

Music Therapy

Music plays an integral part of massage therapy. Music is used during each session to bring forth relaxation and healing.

The intent of "music therapy" is to assist the client to enter a state of balance with the natural rhythms of the body. Music is soothing and thus relaxes the body.

Massotherapy During Pregnancy

Massage is an ideal therapy to help a woman better cope with normal physical discomforts, anxieties and concerns during pregnancy.

Healing, caring touch is comforting. This comfort is conveyed biochemically to the baby, so the mother's calmer state of mind can benefit her baby.

Properly applied, massage during pregnancy and labor is soothing, safe, natural, and effective. Massage has been proven to safely eliminate or reduce many of the normal discomforts of pregnancy, such as:

- ◆ Fatigue and tension
- ◆ Backaches
- ◆ Sinus congestion
- ◆ Headaches
- ◆ Neck and shoulder problems
- ◆ Muscle cramping
- ◆ Swelling of hands, legs and feet

Ask Sharon about teaching your partner basic, easy-to-apply massage techniques for a healthier, happier pregnancy and childbirth experience.