



Work Better
Play Better
Live Better
Feel Better

Affordable & Effective...

Before you consider any other form of pain relief, or after you have tried all the others, call me. I can help.



Scott K. Mathison, BS, NCTMB

850 Elm Grove Rd., Suite 14 • Elm Grove
414-731-1101 • scott@totalhealthcenter.net
www.totalhealthcenter.net

Pain Relief...

- Acute and chronic pain or injury
- Migraines and headaches (incl. sinus problems)
- TMJ dysfunction (pain or clicking in the jaw)
- Neck pain (not limited to whiplash)
- Shoulder pain (frozen shoulder, low range of motion, rotator cuff injuries, rounded shoulders)
- Carpal Tunnel Syndrome (pain, numbness, tingling in hands & fingers, hands falling asleep)
- Reflux (stomach acid leaking up into esophagus)
- Hip and pelvic pain (hip replacements, bladder infections, stiffness, improper gait pattern)
- Sciatica (pain, numbness, or tingling down one or both legs)
- Back pain (upper and lower back, herniated discs, swayback, back injuries)
- Upper leg (injury or tightness to quadriceps or hamstrings)
- Knee pain (knee injuries, knee surgery recovery and stiffness)
- Foot dysfunction (bunions, hammer toe, plantar fasciitis, soreness, fallen arches)

Postural Alignment...

- Scoliosis (I relieve scoliotic patterns daily)
- Forward head posture
- Uneven shoulders, hips or facial features

Performance Enhancement...

Bringing you to the top of your game in athletic performance. You'll see improvement whether you're a daily athlete or a weekend warrior. My therapy can increase your flexibility and keep you limber, enhancing your performance and lowering your risk of injury.

Financial Pain Relief...

Bring this brochure to your first visit, and receive \$15 off the price of your session.



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For You...

I want to create the freedom of movement you once had, using the techniques I have studied since starting my practice in 1993. Working with patients from six months to 95 years old, I have found the best therapies to create the most

change in the least amount of time, and with the most lasting results.

My Focus...

The connection between the body, mind and spirit is a synergy I have long understood. It's the key to healing and pain relief that is my focus at the Total Health Center, LLC. I combine education, professional referrals, stretching/movement therapy and relaxation techniques with your body therapy.

Education is Key...

I have a strong commitment to community education, and have lead workshops on proactive health care, decreasing stress, and child development.

Credentials & Training...

- State licensed and nationally certified
- Member: Associated Bodywork & Massage Professionals
- Graduate: Blue Sky Educational Foundation
- Modalities: My clinical massage techniques primarily utilize Neuromuscular Therapy, Myofascial Release and Neuroenergetic Release. If you would like to know more about these treatment methods, please ask.
- Training: My commitment to continuing education includes a variety of modalities. If you would like to see a list of the programs I've completed, visit www.totalhealthcenter.net.



C E N T E R

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