According to the automotive insurance industry’s statistics, more than 2 million people are injured in car accidents every year.

If you are one of these people, you may be surprised to know that the Personal Injury Protection (PIP) coverage of your auto insurance policy will pay for you to receive massage therapy for your injuries. Why? Insurance companies know that **massage therapy reduces pain and shortens the total recovery time after an injury**.

In an instant, a collision can cause profound damage to your musculoskeletal system, and the results are not always immediately felt. Thanks to your body’s natural defense mechanisms – including an immediate rush of adrenaline – you might not feel the effects of the impact until the shock wears off and your body begins to process the damage. Hours, days, weeks, or even months may pass before the full effects are realized.

**A minor accident can have a major impact on your health for years to come.** In fact, an impact at just 5 mph can be enough to cause a whiplash injury, chronic headaches, sciatica, and significant bodily pain, particularly in the back, shoulder, knee, or hip, in addition to a host of other potential health issues.

If you or someone you care about has been involved in a motor vehicle accident, the first step on the path to optimal wellness is a visit to a physician for an examination and prescription for massage therapy.

EFFECTIVE THERAPY

Massage therapy is well known for its ability to promote a deep sense of relaxation. However, the benefits extend far beyond simply feeling relaxed. Multiple research studies have conclusively proven the positive health benefits of therapeutic massage, particularly its effectiveness for injury rehabilitation.

One recent study at McMaster University found that just 10 minutes of massage therapy not only caused a reduction in muscle tension and pain, but also triggered a biochemical response that reduced inflammation and promoted cellular repair in damaged muscle tissue, speeding the healing process.

Therapeutic massage has been proven to aid rehabilitation by:

* Reducing pain
* Reducing stress & muscle tension
* Relieving muscle spasms
* Reducing frequency & duration of headaches
* Improving flexibility & range of motion in joints
* Decreasing swelling & improving circulation
* Enhancing quality of sleep
* Decreasing anxiety & depression
* Shortening recovery time

TIFFANY K. ROBECK, LMP

Since my initial certification as a Licensed Massage Practitioner in 1997, I’ve continued to pursue advanced training in multiple bodywork modalities, including Myofascial Release, Neuromuscular Therapy, Manual Lymphatic Drainage, injury-specific deep tissue techniques, and many more.

In my private practice I’ve had the opportunity to work with people of all ages, from infants to seniors, in a variety of settings from upscale spas and health clubs to medical clinics and rehabilitation centers. All of this has influenced my unique bodywork style.

Multiple techniques are incorporated into each massage session, determined by the specific injuries involved, as well as your personal preferences and treatment goals. I believe very strongly that effective treatment work should also be as relaxing as possible, and I strive to combine the science of a clinically-focused therapeutic approach with the flowing artistry of a soothing spa experience – all in the comfort of your own home or office.

My ultimate goal is to leave you feeling more relaxed, balanced, and rejuvenated, with a deeper understanding of your own body. It is in this state that the most profound healing can occur.

Tiffany K. Robeck, LMP

Recommended by doctors and healthcare professionals across Washington State for more than 20 years, as well as many more clients like these:

*“My car accident was terrible, but if there was a bright side it was the fact that my insurance company paid for me to get therapy from Tiffany. She is amazing! Not only did I fully recover from my injuries, but I also learned so much about my body. I’m actually feeling better now than I did before my accident!”*

-J.B.

*“I suffered for years with chronic low back pain after my motorcycle accident. I tried many different therapies, but the pain always returned. Tiffany has been the “magic bullet” for my low back; my sessions with her were the only thing that brought me lasting relief.”*

-M.B.

*“At times, I felt like she magically turned my living room into a spa. It was so relaxing! Despite the whiplash in my neck, I was so comfortable during the sessions that most of the time I actually fell asleep! And the best part is that insurance covered it all, so it didn’t cost me a thing!”*

-W.W.

With more than 20 years as a Licensed Massage Practitioner, I have extensive experience treating injured people. I understand the physical damage and psychological stress that can result from an auto injury. That’s why I began offering mobile therapy sessions in my clients’ own homes and offices. When your body needs to rest and recuperate after an injury, where better to relax and recover than in the comfort of your own home?

If you feel your muscles tensing up every time you get behind the wheel, battle rush hour traffic, and search for a place to park your car, then call for an appointment and leave the driving to me.

**(206) 617-8162**

Tiffany K. Robeck, LMP

Licensed Massage Practitioner

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**www.TiffanyRobeck.MassageTherapy.com**

Washington State License #MA00010840

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