

WILLIAM PATRICK

MASSAGE THERAPIST

William is a graduate of the National Massage Therapy Institute 2012 and the Baltimore School of Massage 1999. He is nationally certified and licensed/registered in MD, VA and DC.



“I chose to be a massage therapist as a career because massage therapy pairs well with my diverse health care career of 23 years. Whether seeing patients in the clinic, operating room or rounding post-surgical. I am very comfortable interacting with client and patients. I call it eastern medicine (holistic) meets western medicine (traditional).”

Western medicine trains caregivers to treat symptoms with medication of the disease or dysfunction, often times never addressing the actual cause. Eastern medicine is a holistic approach that treats symptoms of disease and dysfunction and the whole person. The whole person includes mind, body and soul of the client or patient. Holistic health purpose is to help individuals achieve wellness and balance naturally. Knowledge of both allows me to bring a different perspective helping individuals achieve wellness and balance.

“I am not just a massage therapist but I am also a client. I get 60-90 minutes of therapeutic bodywork every 2weeks. As a client, massage allows me to be in tuned with my body, helps me manage stress, reduced my blood pressure and increases blood circulation. Also massage reduces injury and speeds recovery. Those are just a few of the benefits of getting regular massage.

Massage therapy is one of the many lifestyle disciplines that will help individuals take control of their health and wellness. It’s one of the many tools needed on the journey to achieve balance in our lives.”