

Welcome to Motionwise®

On behalf of Motionwise, we would like to welcome you to our office. For 30 years, John Gifford has been in the practice of helping to relieve pain and tension. We are honored for the opportunity to work with you.

What John Gifford does

Myotherapy, or Trigger Point Therapy, is a specialized form of muscle therapy in which deep, sustained pressure is applied to the area where the muscles are the most hardened, commonly referred to as Knots or Trigger Points. These are areas of the muscle that can contribute to pain and tension. John's specialty is the deep, focused work targeted to the areas of your concern. In some cases, mild, passive stretching is used; this is done on a case-by-case basis.

Appointment Frequency

John suggests, where possible, schedule three appointments in within 10 days to help assess how the therapy works for you. These initial appointments can help to ascertain the benefits of this therapy for you. Some people feel immediate results, others are slower to respond depending on their muscles. Future appointments are scheduled based on the unique needs of each client.

Fees

Currently, a new client appointment is billed at \$200.00. This includes a consultation time with John as well as your first treatment session. Subsequent Standard Sessions, up to 50-minutes of Myotherapy, are currently billed at \$140.00. We accept cash, check and all major credit cards. We also encourage clients to check with their Insurance companies and HSA companies for possible reimbursements.

Special Circumstances

John takes pride in making himself available to meet the needs of his clients. When John's schedule and obligations outside of the office allow, he will see a client outside of normal business hours. If you arrive early in these Special Circumstances, the door between the waiting room and the main office area may be closed. John will be present and ready for you at your appointment time.