

# Armstrong Massage Rehab



428 S. Gilbert Rd., Suite 106-7, Gilbert, AZ, 85296

5.0 ★★★★★ | 251 Reviews | 62 ❤️

Massage Therapists



These reviews are from verified customers of this business.

★★★★★ **Featured**

### Amazing expertise!!!

I've worked with various doctors and massage companies throughout the years and have never found anyone with the expertise of Justin!! He takes the time to get to know your concerns and constantly goes over and above to get your body back to feeling well. I initially made the mistake of looking for cheaper alternatives (a \$1/hr. Massage) but fortunately I found Justin on a referral and Justin saved me money because his expertise allowed him to fix my issues immediately. He is the body whisperer!

Jeff L Feb 7, 2021

Customer since Jan 2019

★★★★★

### Justin is wonderful

Justin is thorough and knowledgeable. Even when I'm not in active pain, I see him as often as possible for "maintenance"

Marla J Feb 21, 2022

Customer since Feb 2021

★★★★★

### Amazing

Justin is amazing. Extremely comfortable, clean, and professional. The results have been life changing.

R.H. Jan 31, 2022

Customer since Oct 2021

★★★★★

### Absolutely the Best

There is no better "body mechanic"!! Justin is extremely knowledgeable and will figure out exactly what causes your pain and FIX it!! 100% better than physical therapy!!

Sharon Tanquary Jan 28, 2022

Customer since Nov 2019

★★★★★

### MIRACLE WORKER

The above title is how my friends and family refer to Justin- enough said! I pray that he never leaves Arizona.

Marla J Jan 22, 2022

Customer since Feb 2021

★★★★★

### Excellent Care

I could not be in such good physical Health without Justin's help! Definitely recommend this "life saving" therapy!

**Liese C** Nov 18, 2021

Customer since Sep 2021

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★★★★★

### Simply the best

Justin has helped me immeasurably, and I've taken many less opioids as a result. I have referred him to many, many friends!

**Marla Jacobson** Nov 17, 2021

Customer since Feb 2021

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★★★★★

### Been going to Armstrong from a couple years. Grateful!

Justin has worked on my back, my knee and now I am seeing him for my hip. He has magic, healing hands and if you have pain anywhere on your body make an appointment and change your life. I promise you will not be disappointed.

**Maryann Tundag** Oct 1, 2021

Customer since Sep 2019

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★★★★★

### Simply amazing

If only Justin could be cloned- I recommend him to everyone, but I'm always nervous that he will be booked when I need him!

**Marla Jacobson** Sep 15, 2021

Customer since Feb 2021

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★★★★★

### Best medical massage, period.

Justin is very knowledgeable and skilled, but is also genuinely interested in helping people feel better. You walk away from treatment believing there is hope for your body. Always great conversation too. Anytime someone mentions needing a massage, I give out his name. Highly recommend!

**Jason S** Sep 1, 2021

Customer since Dec 2016

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★★★★★

### Can't say enough good things

As someone who has had chronic, debilitating pain for years, I don't post any reviews lightly. Justin has improved my quality of life.

**Marla Jacobson** Apr 29, 2021

Customer since Feb 2021

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★★★★★

### Changing your outlook on body function.

I have always worked out. I have always had scoliosis and back pain. During covid 19 because of too much sitting and lack of exercise I began having really bad pain in my back and hips. I started with Justin Armstrong with the idea he would do much of the same as physical therapists do but I was wrong. His ability to work with soft tissue and muscles is quite unique and absolutely changed my way of looking at solving issues with fascia an muscle pain. He designed a program for me that's great!

**C.T.** Mar 17, 2021

Customer since Sep 2018

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★★★★★

### Getting better every week.

Finally, I am going to Armstrong Massage Rehab weekly. I have made great improvements thanks to Justin. I have had issues for years that are actually becoming less after each visit.

**Elizabeth Burt** Feb 13, 2021

Customer since Jan 2020



### Professional in every way!

Justin has such great knowledge of anatomy and is quickly able to deal with the issues that you are trying to cope with. I would recommend him for any therapy needed.

**C.T.** Feb 6, 2021

Customer since Sep 2018



### Thorough healing

Some procedures are only the first step to thorough healing. Justin is bringing me hope that my pain will less likely come back through his pain management therapy techniques.

**Elizabeth Burt** Dec 3, 2020

Customer since Jan 2020



### So helpful

I have had issues with my upper back, knees and hips after high intensity workouts. Justin is always able to figure out what is going on and make the adjustments so that I feel better before I even leave. He also gives me homework to make sure the issues stay manageable and the corrective excel idea, breathing techniques and stretches are definitely making a difference. Pamela at reception is the sweetest and I enjoy seeing her - they make a great team. I would highly recommend!

**Ranae** Oct 11, 2020

Customer since Jun 2020



### CUSTOMER

I was very happy to see Justin again after summer away from the area. He is more than a massage therapist and makes the chronic pain areas that I deal with manageable. I highly recommend Armstrong Massage Therapy !

**Jeanne K** Sep 23, 2020

Customer since Nov 2018



### The Best Thing You Can Do for Yourself!

Phenomenal is an understatement! Justin is SO intelligent and knowledgable. I got in a car accident and went to years of rehab and recovery, but nothing worked long-term until I went to Armstrong. He thoroughly takes his time and genuinely wants his clients to feel better and have their bodies working the best they can! I told my mom and grandma to go, and he has helped them immensely too! He and his wife are the best and run Armstrong so well. Do yourself a favor and make an appointment!!!

**Aubri R** Jun 4, 2020

Customer since Jul 2018



### Simply the best!

If you want to have body work that changes how you feel, move and exercise then you need to be seeing Justin. I've been a patient for over 4 years and am consistently impressed with his knowledge and the way he has helped me through injuries and bad movement patterns. I always feel better after even a 30 minute session and the 3 members of my family who have seen him have had great results as well. Highly recommend! And Pamela is awesome too when it comes to scheduling ease and coordinating.

Carrie K Mar 15, 2020

Customer since Jan 2015

**Client**

Justin Armstrong uses a approach that targets areas of pain vs full body massage. He has a thorough knowledge with how the body reacts to inflammation and uses specific techniques to relieve any pain associated with this reaction. A 15 minute session can be more effective than 1hour with his specialized approach.

E.B. Feb 27, 2020

Customer since Jan 2020

**This will change your life.**

I have only been going to Justin for a little over a month. I have suffered with lower back pain and numbness going down my leg for more than 5 years and was unable to sleep a full night. I now am able to sleep a full night without waking in pain. He conducted a full exam on my first visit and has gotten to what is causing the problem and addressing the issue. I give him my highest praise and would recommend him to anyone experiencing chronic pain or injury.

Maryann Tundag Nov 9, 2019

Customer since Sep 2019

**Highly Recommend**

Justin helped me to regain my range of motion in a frozen shoulder that had been frozen for a year! I'm very grateful for his help and expertise! Justin is extremely knowledgeable, listens carefully, considers your whole body as it functions together, and is constantly continuing his education to further help his clients. His beautiful wife, who runs the office, is professional, friendly, helpful and very kind! If you are in pain or have lost mobility, I highly recommend you give Justin a try!

Kayelynn Nov 1, 2019

Customer since Sep 2019

**Injury treatment**

I have injured the soft tissue in my leg. Justin knows just what to do. I feel better after the first visit and I have in the past been completely void of pain after a couple of months. Excellent treatment and service

Lori Linder Oct 23, 2019

Customer since Jun 2018

**Great first appointment**

Very nice and thoughtful team at Armstrong Massage! Left feeling a bit euphoric and limber like a much younger self. In the immortal words of TB12, it's all about pliability and hopefully soon I feel as "fresh as lettuce"

Jeff Brown Oct 2, 2019

Customer since Sep 2019

**Pain Released Immediately!**

Justin released pain that I had been experiencing for over a month within minutes. Several other practitioners had tried to help with the pain & were unable to provide any relief. I will definitely go back to see Justin in the future.

R.R. Sep 18, 2019

Customer since Aug 2019



**Incredible healing experience**

Justin & Pam make a great team running their therapy business. For me, it was more a service, because they really care about their customers. Justin takes pride in the still ongoing education he excelled at & the hands on experience of working for years with people with different needs. He is not only knowledgeable but intuitive when he works with you. He takes the time to understand your body, needs, work, and desired outcome. He custom designs excercises. He does not just send you home to heal.

**Nancy Logan** Sep 10, 2019

Customer since Sep 2016

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**IT Works!!!**

I have had pain in my elbow a few times over the years from lifting weights. I was told to rest it. (Does not work) After visiting with Jason he resets your shoulder/elbow and you are back to good the next day. Based on past experiences I would absolutely place this in the miracle category!

**Randy Jacobs** Aug 10, 2019

Customer since Oct 2018

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**He's the best!**

I have gone to dozens of chiropractors, myleopractors, medicine men, doctors, surgeons to get the pain relief over the years. I love Justin & his wife, Pam. They care. But the knowledge and application of knowledge that Justin has acquired over the years in his training, certifications and practice is marvelous. I am without pain for the first time in many, many years. Justin has worked with me to learn how my body works and responds to his treatments combined with my lifestyle. He is intuitive.

**Nancy L** Jul 25, 2019

Customer since Sep 2016

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**Great experience**

I haven't had any major concerns but Justin found a few areas that needed work and I felt immediate relief I didn't even know I needed. It was a very pleasant experience.

**Marianna M** Jul 17, 2019

Customer since Jun 2019

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**Fantastic experience**

Worked me in as I'm from KC. Recommended by friend to get 2nd opinion on ankle neuropathy! Been fighting this for 10 years and in 30 minutes he had me walking with no limp and no pain. Ankle problem and to follow up in KC. He told me it wouldn't last but for 24 hrs no pain! Need X-ray! If I could fly back and forth I would see him every week!! No one back here can compare with his technique and knowledge! Pam was so nice to work me in! Highly recommend Justin!!

**Carol B** Jun 20, 2019

Customer since Jun 2019

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**They care!**

I love Justin and Pamela. They both really care about the clients, are easy to work with, polite, compassionate and professional. Justin's range of knowledge is extensive, as is his schooling. He is intuitive, which I appreciate. The human body is complicated & simple at the same time. Justin knows the simplicity the body starts with and how as time goes on, we complicate it and look for someone to undo the complications. He doesn't give up, either. His rejoices when we feel good!

**Nancy Logan** Jun 8, 2019

Customer since Sep 2016

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**The Best I've Had**

I spent 6 weeks in Physical Therapy and felt I had made little-to-no progress after a shoulder injury. After struggling with the injury and the lack of healing my boyfriend decided I needed to try something different and purchased a session with Justin for me. Justin took the time to learn my body and injury before beginning to work on me and, in the end, it shows he really knows what he's doing. After a single session, my shoulder felt ~70% better. Looking forward to scheduling another visit!

**Ric B** May 2, 2019

Customer since Mar 2019

**Really helpful**

Justin's therapy is so beneficial. He relieves pain that others could not touch. I have been very pleased with his service.

**Jeanne K** Apr 27, 2019

Customer since Nov 2018

**I Would Have Given 6 Stars**

First class experience from beginning to end. Pamela was the perfect administrator from setting the appointment to completing the visit and scheduling my next treatment. She has a great personality and is efficient and responsive. Justin is a truly competent and experienced technician and therapist. You can tell when a professional truly cares about the result of their service. Justin was thorough, intuitive, and effective. Results rule and he simply gets results. I highly recommend Armstrong.

**Dwayne Farnsworth** Apr 17, 2019

Customer since Mar 2019

**Knows his stuff**

Justin is not only knowledgeable, but he cares that you leave his office feeling your best. I'm extremely active and need a sports therapist to prevent injury and increase function. He gets my highest recommendation.

**Howard Saccoliti** Mar 14, 2019

Customer since Aug 2018

**Best of the Best**

Justin is a master at his craft and is really passionate about helping people be pain free. I have been seeing him for over 2yrs and continue to get positive results, and trust his recommendations.

**C.D.** Mar 9, 2019

Customer since Jan 2017

**Best I've ever seen**

Justin has changed my life. His expertise and thoroughness have drastically improved my range of motion and greatly decreased my pain. I had a major ankle injury 2 years ago, which effected my calves, hams, hips, and even lower back. Justin consistently asks questions and conducts a thorough exam in order to ensure he is getting to the root of the problem, not just addressing the symptoms. I give him my highest recommendation. You won't find anyone else like him.

**Jennifer R** Mar 7, 2019

Customer since Sep 2018

**Absolutely terrific**

Justin is by far the best rehab therapist I have ever been treated by. He is so much more than a massage

therapist. I have pain in many locations, arthritis and injuries, and he has really helped relieve the pain.

**Jeanne K** Jan 9, 2019

Customer since Nov 2018

★★★★★

**Very knowledgeable and intuitive. Listens to concerns and asks questions**

Great and comfortable experience, I highly recommend !.....👍👍

**Rosemary Serna** Dec 23, 2018

Customer since Dec 2018

★★★★★

**Awesome massage!**

I have multiple bone, nerves and muscle weakness problems, but the medical massage I received was so relaxing, I almost fell asleep. The hour went by so fast. I highly recommend Armstrong Massage.

**Cheri Tucker** Dec 14, 2018

Customer since Nov 2018

★★★★★

**The best of both worlds**

Justin is amazing!!! Super skilled in both medical and relaxing techniques! I felt like a new woman when I left my first treatment. I've already referred more than a few friends to check it out...you should too! I will definitely be visiting again and again!

**Mags** Dec 7, 2018

Customer since Nov 2018

★★★★★

**Magic Hands**

I received my first message with Justin after purchasing a Groupon. One of the Best Decisions of 2018. Nice, Professional and a clean and relaxing atmosphere. If you need body work I highly recommend Justin you will not have any regrets.

**Melissa C** Dec 5, 2018

Customer since Nov 2018

★★★★☆

**Good massage**

Hi, I thought the massage was really good and the staff (2 people) were really nice. I'm always hesitant to go to small places like here just cause it's in the back where no one can see. The complex is not very lively. But it was still a pleasant experience. I'd like to go back but it's a bit too pricey for me hence my Groupon. I could pay more for a resort spa experience.

**Jessica K** Nov 30, 2018

Customer since Nov 2018

★★★★★

**Justin is the best.**

Justin is dedicated to his patients & concerned about upgrading his training and knowledge to benefit his patients. Justin takes the time to listen & study your reactions to his manipulations. He stays with you until he feels he has the solution and he willingly suggests the things you can do to facilitate your recovery He is not one who just keeps saying come back in a week. I come to him periodically to treat damage from a manual job and he makes the pain go away! He is magic.

**Nancy L** Nov 20, 2018

Customer since Sep 2016

★★★★★

**Best Massage Specialist**

Justin is a great massage specialist and I highly recommend him. He listens and adjusts the treatment to fit and help with your specific needs and pain. Justin helped me to get rid of my shoulder pain.

**Cynthia R** Oct 27, 2018

Customer since Jun 2017

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**Expert**

I have been amazed by the improvement I've made since I started working with Justin. He took the time at the beginning to learn my exercise habits and injury history. I made dramatic improvements after the initial visit and have continued to see great results. I've gone to chiropractors and massage therapy over the years but never experienced the improvement I've seen since I started with Justin. I strongly recommend Justin for dealing with both injuries and routine maintenance.

**Jeffrey L** Oct 19, 2018

Customer since Sep 2018

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**Best massage EVER! I immediately booked an appointment for my husband.**

Justin is very intuitive. In one session my hip pain was eliminated! Honestly the most skilled body worker. Highly recommend!

**Kirsta P** Oct 12, 2018

Customer since Oct 2018

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**Sent from Zeus himself**

There's always something to learn about your body and what works for you. If you actually want to heal this meat wagon there's no better guy than Armstrong!!!

**Tim Gokey** Sep 26, 2018

Customer since Sep 2018

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**I am a True Believer**

Have had a numbing sensation from my face down my left side went to the Armstrong Massage Rehab and underwent several treatments and over time the numbness is and has been disappearing I wouldn't have believed it was possible through Massage Rehab but I am a true believer that Armstrong Massage Rehab gave me feeling back that I had lost

**Steve Erickson** Sep 25, 2018

Customer since Aug 2018

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**Awesome!**

I'm seeing Justin for foot, hip, neck and jaw pain that I've been dealing with for years. He's patient, skilled and super thorough. I really appreciate his wealth of knowledge and the holistic approach he takes- he's addressed issues I didn't even realize were factoring into my pain. I'm already seeing improvement after a few sessions and look forward to more. I'm really grateful that my friend recommended him and have already recommended him to lots of friends and family. Thank you!! :)

**Erin J** Sep 13, 2018

Customer since Aug 2018

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**Highly Recommend Armstrong Massage Rehab**

Justin is the best massage therapist. He is professional, caring and very knowledgeable. If you have any pain, please go see Justin.

**Cynthia Robertson** Sep 13, 2018

Customer since Jun 2017

**Life Changing Experience**

I have some much gratitude, respect & love for Justin. His knowledge & passion for healing have given me hope. I been working with Justin for over a year. When I first started with him I was unable to stand & struggled walking in chronic pain, disabled. With his guidance & great knowledge of the human body & healing. I am continuing my recovery & gaining more function back in my body able walk, stand and getting stronger & healthier each day. His work is amazing & he truly cares for your health

**Lorri Erickson** Aug 28, 2018

Customer since May 2017

**Awesome treatment...**

After talking with a co-worker about a nasty deep thigh bruise I suffered cycling, Armstrong Rehab was recommended. Not your traditional chiropractic treatment or massage therapy, but he does awesome work. He accesses the problem, discusses the issue with you and attacks the cause. I was having terrible nerve pain through out my thigh that was keeping me up at night and making life in general miserable and I haven't had any issue since I visited. If you are dealing with pain go see him.

**Geoff Bunger** Aug 27, 2018

Customer since Aug 2018

**Great experience!**

I had always gotten therapeutic massages in the past in hopes of just feeling relaxed afterwards. They'd ask if there was any area I wanted focused on and just work on that without much discussion. Justin was very technical and asked about areas of pain, observed my posture, and approached the session very purposefully working on finding and loosening all the areas of tension. He has a real firm grasp on the biomechanics and physiology of the human body.

**Robert Sun** Aug 22, 2018

Customer since Aug 2018

**Justin is a Healer**

If you have pain or there is just something not "quite" right... go to Justin and he will help you! May take a few visits but your body will get to where it should be. Justin's medical massage is a combo of adjustments, massage and muscle reset!

**Emerald Greig** Aug 22, 2018

Customer since May 2018

**Awesome first experience**

I don't know how this guy does it but made me feel like a million bucks. Massage therapy is no joke and can help with all types of muscle and joint aches. I hold regularly and was even more flexible after he worked on me even after a whole day of stretching and moving. Great work Justin.

**Nick Bifano** Aug 16, 2018

Customer since Jun 2018

**Knows his stuff**

Justin is awesome. Knows how the body works and retrains it to heal. I highly recommend him to those with injuries and pain issues.

**Debbie P** Aug 15, 2018

Customer since Jul 2017

**Awesome**

First I would call this a massage therapy and not just massage. This therapy session allows for release in the muscles. I feel younger and more flexible one day later. The benefit is, that I have less pain in my body. Justin is very knowledgeable about what your body needs. Everyone could benefit from this kind of treatment.

**Yvette thornton** Aug 9, 2018

Customer since Jul 2018

**Attentive and Thorough**

Justin does a great job of being thorough with his patients and listening to their concerns. He's extremely knowledgeable and one of the few medical specialists who's actually interested in treating the cause rather than just the symptoms. I am optimistic that he will help relieve me of my lower back issues that have plagued me for several years now.

**Brian B** Aug 9, 2018

Customer since Jul 2018

**Amazing Results**

Justin at Armstrong Massage Rehab was Highly recommended to me. I had barley any arm movement in both my arms and living with chronic pain for a very long time & after my first treatment with Justin I felt so much better! I had more movement in my arms & not in any pain afterwards just remarkable! I am looking forward to my other treatments to start my healing process, I am just amazed how good I feel! Thank you truly Justin. Very professional Don't hesitate I Highly recommend Armstrong Massage

**Peggy M** Aug 3, 2018

Customer since Jul 2018

**Miracle worker**

Justin is in a league of his own. I've been to several different "medical massage" therapists but this was so much more thorough. From the exam to the actual treatment I was impressed with the immediate results and look forward to continuing the treatments.

**Alyne S** Jul 26, 2018

Customer since Jul 2018

**great**

You always receive a great massage from Justin. He knows his stuff and will explain why he is doing a certain move to help you.

**J.M.** Jul 1, 2018

Customer since Jun 2018

**Thank you, Justin!**

After 2 weeks of suffering with low back/sciatica pain, a friend recommended Justin's services. I never would have believed I could walk away "pain free" after just 1 hour. And, a plus to this was to find Justin and his staff are very friendly! Again, thank you, Justin!

**Lorinda T** Jun 11, 2018

Customer since Jun 2018

**Medical massage**

Justin was great. He asked a lot of questions up front to assess my my pain and mobility issues. He was very

Justin was great. He asked a lot of questions up front to assess my my pain and mobility issues. He was very thorough in explaining process and setting expectations. I felt much better after I left his office and am getting better each day while following my exercise instructions.

**M.B.** Jun 8, 2018

Customer since Jun 2018



### Effective

Each time I visited, Justin used the time well to work on what would provide the best outcome. Marked improvement after each session, the results of which accumulated. He's always positive and more than willing to explain the processes.

**Adam S** May 16, 2018

Customer since Mar 2018



### Passionately Knowledgable

Justin has a passionate ability to listen to your needs and translate them into a healing and therapeutic treatment. He did an amazing job of pinpointing my areas of needed work and successfully released and relaxed those tight areas and gave me much needed relief. Justin will be a part of my regular self care program.

**Renata S** May 1, 2018

Customer since Apr 2018



### Great! Feel Better already....

Justin is great...he was able to determine right away where my problem areas were, and spent time focusing on that. He was very good about explaining how the process of a medical massage works and the benefits. He also made a point of offering a suitable treatment plan for me, and not try to get me to just pay for more sessions.

**G.K.** Apr 26, 2018

Customer since Apr 2018



### Magic Touch

The spots needed were worked out and ones I didn't think were bad were magically even better.. I was hoping I was getting a massage that really worked my awful spots and I got more...Will be back to be realigned...❤️

**S.F.** Apr 19, 2018

Customer since Apr 2018



### Perfect Massage

My therapist knows just where to work on when I get my massage. I feel that I have gain more movement after therapy.

**William Meras** Mar 27, 2018

Customer since Jan 2018



### Great Massage

Had really tight muscle areas..after the masssge with Justin..felt those areas loosen up. Bottom line I felt lighter after the sport therapy massage.

**Ini K** Mar 16, 2018

Customer since Mar 2018



**Pain relief massage**

Justin always listens to the problem first and then comes up with a plan. His massage is more like therapy but it works and I notice results the day and week after going. He knows his stuff!

D.P. Mar 16, 2018

Customer since Jul 2017

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★★★★★

**Miracle**

Justin told me he could help with my pain which had been chronic in my knees for over 4 years. I had been to many doctor their only answer is pills and or surgery. It's been a miracle the pain is under control with massage therapy. There are no words to express my gratitude and respect I have for the job and work he does. Thank You Justin.

Lorri Erickson Mar 14, 2018

Customer since May 2017

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★★★★★

**Massage**

Very professional in the office and well as the massage therapy. Look forward to future appointments.

William Meras Jan 11, 2018

Customer since Jan 2018

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★★★★★

**Likeable, knowledgeable, effective.**

Justin is an intuitive therapist. He listens, explains his technique, collects client feedback, and communicates throughout session. One session helped eliminated much if my pain. I will do a few follow up sessions to hold the muscle patterns. Highly recommend him.

R.S. Jan 10, 2018

Customer since Jan 2018

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★★★★★

**New client**

Everything from beginning to end was top notch. First time I had a medical massage and it was great. Justin knows his stuff and listens to your concerns. Was very pleased with the outcome. Will be seeing him again in 2 weeks. Pam, his receptionist is very helpful and professional. Space is well done and private. Would persuade anyone in need to definitely use ARMSTRONG MEDICAL REHAB!

Thom Jenkins Dec 22, 2017

Customer since Dec 2017

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★★★★★

**Feeling Better**

Went in with back and neck pain, after session was completed felt much better. Justin the message therapist was very thorough. Its been a couple of days since the therapy and my pain is minimal.

Debbie O Dec 14, 2017

Customer since Dec 2017

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★★★★★

**Great job Justin fixing my problem areas**

Thank you for helping my body Justin. You took the time to listen , ask questions and correct what was the areas of my concern. It was worth seeing you! Mitch

Mitch Napieralski Dec 7, 2017

Customer since Dec 2017

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★★★★★

**Amazing techniques and knowledge.**

60 years old with fibromyalgia for many years. Have tried chiro, physio, massage, acupuncture, etc.. but no one has been able to help me like Justin Armstrong. His technique is so different from what I have experienced before and works so that I do not get rebound headaches and body pain following. He has been very sensitive to my sensitive muscles. I highly recommend him!

**Carol W** Nov 2, 2017

Customer since Mar 2017

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★★★★★

**Great Experience**

Professional and comfortable setting. Friendly staff, really great therapeutic massage. I will definitely be making more appointments. Thank you

**Kim Walls** Oct 8, 2017

Customer since Aug 2017

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★★★★★

**Great medical massage**

A great medical massage. Highly trained therapist that really knows what he's doing. He really has a passion for pain relief and healing!

**Debbie P** Oct 5, 2017

Customer since Jul 2017

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★★★★★

**Great results**

Went for medical message after muscular complications from past traumatic injury and surgeries. Scar tissue from recent back surgery was causing a dramatic twisting and pulling on my spine/posture. Saw immediate results. Very professional and knowledgeable.

**John Schaper** Sep 22, 2017

Customer since Aug 2017

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★★★★★

**Medical massage.**

The best massage I've ever had. Very professional. Actually went over the hour. He took his time and answered every question I had. I would highly recommend Armstrong massage!!

**K.D.** Sep 19, 2017

Customer since Sep 2017

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★★★★★

**Bye bye pain**

I would highly recommend. After just 1 visit he made a big improvement in neck and shoulder pain that I have had for years. I have scheduled follow up visits.

**Jim S** Sep 18, 2017

Customer since Aug 2017

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★★★★★

**Amazing!**

This therapist is amazing! If you have aches, pains, back problems... he can help you feel better. This is not a traditional massage, it's a therapy to align your body correctly and minimize your aches and pains.

**D.N.** Sep 16, 2017

Customer since May 2017

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★★★★★

**amazing**

Justin is amazing. He is able to find exactly where it hurts and work out the gnarly spots. He is very professional and the therapy room is calming.

**J.M.** Sep 1, 2017

Customer since Jun 2015

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★★★★★

### Love this place

I see Justin twice a month, my neck and back stay feeling loose with much less pain, keeps me working, working out and traveling

**T.L.** Aug 25, 2017

Customer since Apr 2017

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★★★★★

### Arms back

After two disks were replaced in my neck, I no longer was able to hold my arms up longer than 5 secs, before pain became to difficult. No longer read a book unless on the table, no conducting choirs, no holding my grand babies without pillow support. Justin figured out my brain had to retrain to recognize that particular arm movement. A simple exercise made dramatic results. He is soooo good. 3 bouts of physical therapy couldn't but Justin did.

**Nancy L** Jul 25, 2017

Customer since Sep 2016

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★★★★★

### Consistency excellent massage

When you walk in the office you are always greeted by name. The massage rooms are very soothing. I always walk out of Armstrong massage feeling relaxed.

**J.M.** Jul 22, 2017

Customer since Jun 2015

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★★★★★

### Very Good Massage

A really good job helping me loosen up a very stiff and sore back and neck.. The best massage I've ever had. thanks

**Stan Balken** Jul 18, 2017

Customer since Jun 2017

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★★★★★

### Great medical massage

Justin was knowledgeable and very good working on my shoulders, one having had massive rotator cuff repair surgery and the other trying to avoid fraying becoming a tear in the future. He knew what he was doing and had specialized training for this type of massage therapy.

**Debbie P** Jul 13, 2017

Customer since Jul 2017

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★★★★★

### Miracle worker

Justin is simply amazing. I came in with acute shoulder pain from a sport injury and bad posture. Justin has been working with me setting up a plan and it is progressively getting better. I feel a lot of relief and movement improves considerably after the massage. He is very knowledgeable and makes sure to understand where I am at with my pain at the time and gets to work accordingly. I highly recommend his medical massage.

**Amit K** Jul 9, 2017

Customer since May 2017

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★★★★★

**Medical work**

Only way to go!! Excellent service and body work feel a million times better the extra care and knowledge that Justin Armstrong has makes such a huge difference! If you are tired of going for a massage and still having pain you MUST go see Justin!

**Joli Weyenberg** Jun 23, 2017

Customer since Jan 2014

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**Sport massage**

Justin totally meet my speciation, I will go back soon. Being so busy I had really difficult time finding a good massage therapist, I think I found it

**C.F.** Jun 21, 2017

Customer since May 2017

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**Thank you**

Every time I'm in pain I know I can come to Justin and I know the next day I will feel so much better. He knows so much to help with pain it amazing.

**P.R.** May 23, 2017

Customer since Jul 2014

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**Amazing body work!**

This has become a regular part of my week! Feeling so much better since I started seeing Justin. He is great at finding the issues with my structure and addressing them!

**T.L.** May 11, 2017

Customer since Apr 2017

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**Excellent Service & Work**

Both the massage and workers were very helpful. Highly recommended if you want healing and relaxation.

**Nate Rogers** May 6, 2017

Customer since Apr 2017

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**Massage Therapy**

The massage I received help restore blood flow to some joints that were so still and sore. The entire experience was therapeutic and so worth my time.

**Lynette Z** Apr 27, 2017

Customer since Apr 2017

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**Excellent massage**

This has been one of the best massages I have received. I will continue and look forward to the next one.

**Hazel P** Apr 25, 2017

Customer since Apr 2017

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**The best!**

Justin is so knowledgeable and talented at what he does. I have massage rehab therapy regularly to work out kinks and aches and pains. Justin is always awesome to help with relief and helps me feel better. He gives me exercises to do in between sessions and is a lifesaver for my active lifestyle. Highly recommend.

Carrie K Apr 21, 2017

Customer since Jan 2015

★★★★★

**Wow! The Advanced Sports Therapy hurts so good.**

My wife purchased a Groupon for me for Valentine's Day, and I finally found time in my schedule to come in to see Justin. I've had a lot of professional massages before, but I had never had the combo of a Medical Massage and Advanced Sports Therapy before. This type of massage isn't "take me to a happy Zen place" - it's a lot of deep tissue work, really digging in deep to a bunch of knots throughout your body. It was totally worth the Groupon, and I'm eager to book some follow up work.

Jay S Apr 20, 2017

Customer since Apr 2017

★★★★★

**Awesome body work**

Felt so much better after the session! Quality of body work was great, very knowledgeable and willing to help break my pain cycle.

T.L. Apr 8, 2017

Customer since Apr 2017

★★★★★

**Excellent First Time Visit**

VEry welcoming when you walk through the door. A simple form to fill out and its off to the massage room. The MMT (Medical Massage Tech).took his time in seeing why I was there and what he will be able to do for me. I booked a 60 minute session, but the 15 minute interview took a little longer and the massage lasted until 10 after the hour. Felt very loose and almost pain free immediately after the massage. I went in for chronic lower back pain.

Michael T Apr 5, 2017

Customer since Mar 2017

★★★★★

**Mrs.**

I had a therapeutic massage and it exceeded my expectations, very professional and recommend it to everyone

Santa A Apr 4, 2017

Customer since Mar 2017

★★★★★

**Massage**

Justin was amazing! He took the time to ask me questions to help with my main issues, which were my shoulder and low back. He was able to help "loosen" my shoulder so it moved better when I left, and also released some major knots in my low back. I felt wonderful when I left! I would highly recommend Justin, especially if you have aches and pains that won't seem to go away. Thanks Justin!

Dawn N Mar 17, 2017

Customer since Mar 2017

★★★★★

**Massage**

Mister Armstrong did an amazing job. He helped me a lot to release some tight muscles; I addressed my concerns to Justin Armstrong he was able to released some nots/pain and he also gave me some advice on what to do., I am very happy with my massage with him.. thank you Justin Armstrong

Alivette Nava Mar 8, 2017

Customer since Feb 2017

**Much appreciated**

Justin was very thorough and made a very sore person greatly in need of a massage feel much better. He used multiple massage/stretching techniques to do for my body what it needed with the Therapeutic Massage. He was patient and thorough in his interview and with his massage, and also did not pepper me with questions as so many massage therapists are wont to do. I would definitely recommend him.

Rachel S Mar 5, 2017

Customer since Feb 2017

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**Excellent**

Justin was great! Listened to my concerns, and addressed them with multiple modalities. I was very impressed with the Medical Massage I received and would definitely return to him for future needs.

Gale W Feb 28, 2017

Customer since Feb 2017

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**Great service**

Punctual and on time. Wonderful environment. Very clean, climate control comfortable, lighting and music nice. Minimal chit chat. Advanced techniques not experienced other places. By far one of the best massages I have had.

David K Feb 28, 2017

Customer since Nov 2016

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**Best there is!**

Absolutely top notch in professionalism, customer service and knowledge. I highly recommend Armstrong Massage. Justin is very skilled and easily the best I've worked with through the years. I appreciate that I can get such a variety of modalities - from a wonderfully relaxing massage when I need to calm my mind most to a sports therapy massage to help improve my athletic ability and even a medical massage to remedy my poor ergonomics and past injury issues.

S.B. Feb 24, 2017

Customer since Sep 2016

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**Great Progress**

Justin is working hard to resolve a long standing shoulder problem I've had. We are making great progress! I really appreciate that he listens to my concerns and explains what he's doing and why.

Tiffney D Feb 22, 2017

Customer since Aug 2016

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**Best Massage!**

Justin was very knowledgeable and professional. He really targeted my specific problem areas and offered immediate relief. I would definitely recommend Justin!

E.B. Feb 2, 2017

Customer since Jan 2017

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**Worth my Time and \$**

Service was professional and personalized. Appointment time was spot on. Received much benefit from first visit.

B.W. Jan 27, 2017

Customer since Dec 2016

**Not your typical massage.**

I chose to have a medical massage as I have a number of physical issues. After some initial questions and observations of how I stand and posture, Justin proceeded to go to work. I am very pleased with the results.

**Bob T** Dec 31, 2016Customer since Dec 2016

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**Exceptional and intuitive work**

It would be hard to adequately describe the excellent & surprising treatment I have had with Armstrong Medical. My low back no longer hurts after years of pain, The deep, shooting pain in the hip is gone, I have better range of motion in my arms. I am impressed with the intuitive pondering that went into my treatment. He tailored my treatment; listening & thinking things through based on his extensive knowledge of the body. And he taught me how to keep it this way. He is very good and I'm happy.

**Nancy Logan** Dec 27, 2016Customer since Sep 2016

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**Addicting**

I am not a big massage guy but the medical message has changed my life relieving hip knee and leg pain improving my performance in the gym and at work as a firefighter!! Justin Armstrong is very knowledgeable and somehow finds your injuries and fixes them without even saying anything. I can't say enough other than, give it a shot plus they give a great first time discount to prove me wrong!!!! Try it!!!!

**Jason Stephan** Dec 22, 2016Customer since Apr 2016

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**One of the best massage, ever!**

Justin impressed me with his knowledge to tailor my massage just to me. He knew all the trigger points to maximize my massage experience. He made me a new man in one hour, incredible! I'm recommending my daughter to him next. I'm positive he can manage her bad back. Thank you Justin, Dr. Thorne Schubert

**Thorne Schubert** Dec 17, 2016Customer since Nov 2016

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**Best massage I've had**

I first went because I bought a Groupon, but I was so satisfied with the service I bought one for my husband too.

**Kendra Pettit** Dec 16, 2016Customer since Dec 2016

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**Great Massage!**

Hands down Justin is the best massage therapist I have ever gone too. Because he has a medical background as well he uses different techniques than other massage therapists. I highly recommend him. I just wish I could afford to see him more.

**Rachel D** Dec 13, 2016Customer since Jul 2013

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**Justin is the best!!**

Justin relieved my back muscle problems that nobody else could solve! His sports massage is the best! I've

been going to a massage therapist in Florida for years, since having lower back surgery and maintaining an active athletic lifestyle. After moving to Arizona I was referred to Justin Armstrong to continue my regular massages. He gained a greater understanding of my problem, and through several visits was able to resolve my back muscle problems greater than ever before. He's the best!!

**Heather Hill** Nov 16, 2016

Customer since Oct 2016



### Medical Massage

Justin always starts our session with attentive listening, then begins the massage. He uses the latest in medical massage techniques and he tries his best to have you pain free before you leave - though that is often a tall goal. He gives me things to do at home to improve my comfort and motion. He is my go-to guy.

**Glenn Shields** Oct 27, 2016

Customer since Apr 2014



### Great

Excellent massage as usual! Pamela is a sweetie and such a pleasure when you come into office. Her husband is very conscientious about your needs.

**J.M.** Oct 21, 2016

Customer since Jun 2015



### AMAZING

Spent time getting to know me and asking about my symptoms. He did an amazing job throughout the massage and even gave me some pointers to try at home. I would recommend to anyone and everyone!

**Haley v** Oct 16, 2016

Customer since Oct 2016



### Kind and knowledgable

Justin is a great masseuse with a trained eye and hands. He can really help to relax the body and knows how to adjust your muscles so you can feel relief and alignment once again. Thanks Justin!

**Laurel Smith** Sep 14, 2016

Customer since Sep 2016



### Phenomenal

Excellent care and treatment got to the root of the issue with my shoulder and I am happy to be in the road to recovery.

**Laura R** Aug 28, 2016

Customer since Aug 2016



### Patients

Best ever to get to The root cause of the problem and fix it. I came in to his therapy session hobbling in and came out walking. Thanks Justin!!

**Michael Quandt** Aug 24, 2016

Customer since Aug 2016



### Has NEVER failed to help me

Justin is AMAZING. I have had back issues several times over the past couple of years. Initially I would go to

the Chiropractor 1,2,3,4 times but the condition would persists. I then tried Justin and after one maybe two visits I would finally get relief from the pain. Since starting with Justin I have not gone back to the Chiropractor. Justin is now my "go to" guy when my back issues flare up. I not only save money but also valuable time by not having to go for multiple visits. He's great.

**Val Van Zutphen** Aug 16, 2016

Customer since Jul 2013

★★★★★

### **Just awesome**

Justin Armstrong is great I was kinda of a hunch back. Couldn't stand up straight and in 7 visits I feel so much better. Still need more work but it so worth it.

**Ken Waldrop** Jul 3, 2016

Customer since May 2016

★★★★★

### **Awesome**

So far the medical massage was like no other the instant relief I felt on my back, shoulders, and neck was amazing! Going back for sure again and again! Justin's knowledge of his profession makes him a true professional at what he does!!

**Jason S** Apr 22, 2016

Customer since Apr 2016

★★★★★

### **Sciatica, Tennis Elbow and other Tennis related problems**

I have had sciatica for years and have been to numerous massage therapists and physical therapists. Justin has helped me enormously and has allowed me to continue playing tennis. My scoliosis is slowly disappearing and I have much less pain than before.

**R.M.** Mar 25, 2016

Customer since Oct 2015

★★★★★

### **Hip/Leg problems**

After struggling with an increasingly painful hip/leg issue, I went to Justin. Together, we located what made it hurt and Justin found the muscle that was knotted and impinging a nerve creating the pain. In thirty minutes, I was sure things were better though I was still sore from the work we had done. The next day, I was 70% better and played 18 holes pain free. More people need to learn that they may not have to live with their pain. Pain causes compensation which creates more problems.

**Glenn Shields** Mar 17, 2016

Customer since Apr 2014

★★★★★

### **A Health Provider That Cares**

Justin is not only amazing at what he does but he actually cares about his clients and their wellbeing. His job is not just hands on work but he gives pointers on what you can do at home to help (stretches, exercises, lotions, etc). His medical massage techniques achieve so much more than you would ever get from a relaxation massage at some chain. Justin and Pamela have been more than accommodating! They are professional and personable at the same time. I'm so glad I found their practice.

**S.T.** Feb 3, 2016

Customer since Apr 2015

★★★★★

### **Excellent**

Excellent and amazing body work! Feel like a new person! Thank you Justin Armstrong! You are keeping me from having to have surgery on my neck and your work is outstanding along with your professional demeanor!

**Joli Weyenberg** Feb 2, 2016

Customer since Jan 2014

**Excellent work as usual**

Justin does a thorough and complete job. My neck has felt ten times better, my range of motion has improved greatly. He does fine work and it is worth every penny

**Steve Petriccione** Jan 23, 2016

Customer since Feb 2014

**Professional**

I was really happy with my appointment. Justin helped relieve my shoulder pain. I would definitely recommend him.

**N.S.** Jan 19, 2016

Customer since Jan 2016

**Awesome**

Justin always help me get some relief from my fibro. I'm really glad I found him and he could help me so much.

**P.R.** Dec 30, 2015

Customer since Jul 2014

**Another excellent session**

Thank you, Justin. You have greatly improved my range of motion and my posture through your medical massage. I have much more flexibility.

**Steve Petriccione** Dec 25, 2015

Customer since Feb 2014

**Therapeutic**

Justin at Armstrong Massage takes the time to speak to you first, he evaluates your concerns and needs. He makes you feel comfortable by working with you to target your areas of pain. After two treatments I am now making progress in the target areas in which I have had trouble with for four years. I am grateful to have found Justin and look forward to my massages/treatments to gain my physical freedom once again.

**Lisa I** Nov 9, 2015

Customer since Oct 2015

**Beyond The Best**

I would love to say that Mr. Armstrong works magic on the muscles of the body (because he really does) but this would overlook the fact that he has years of experience and training and this is the real reason he is as good as he is. This is not your typical massage!

**S.P.** Oct 4, 2015

Customer since Aug 2015

**Deep tissue massage**

I would like to say Justin is one of the best massage therapists that I have come across. He is more than just a MT - he is almost like a doctor and does his best to treat whatever issue you are having.

**Pam S** Sep 18, 2015

Customer since Aug 2015

**Therapeutic Massage**

Excellent session! I thought I was going to get the usual deep tissue massage, and was a little apprehensive when Justin Armstrong explained the therapeutic massage he'd do. It turned out fantastic, and I still feel great. He also gave me some pointers on how I can reduce inflammation in my fingers. Thanks so much!

**Adella H** Sep 17, 2015

Customer since Aug 2015

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**Excellent**

He is one of the best I have ever had! He worked out my shoulders and for the first time I could feel the difference immediately! My body and myself thank you!

**Marlene Abosede** Sep 15, 2015

Customer since Jul 2014

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**Massage**

Took me quite awhile to choose a Therapist!!! Gotta say...IT WAS MORE THAN WORTH THE TIME!!! Don't Take as long as I did...CHOOSE JUSTIN NOW!!! There will be no doubt in my mind that you will be as pleased as I am... Already set my next appointment!!! JUST DO IT!!! Choose Justin!!!!

**Sherri Cook** Sep 10, 2015

Customer since Aug 2015

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**Great Massage**

Justin has excellent book knowledge put to work with some great hands and good technique. You will get a professional massage by someone who has put time and effort into his training. Very skilled at his profession. I am moving much better already.

**R.M.** Aug 27, 2015

Customer since Aug 2015

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**Awesome deep work!**

He does great detail and deep work! Has been able to get me results that I have been unable to get anywhere else. I go once a week. Definitely recommend!!

**Jesse H** Aug 26, 2015

Customer since Jun 2015

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**Medical Massage**

Justin was excellent very professional and knowledgeable on specific techniques for my shoulder back and neck ailments. Walked out of the office feeling complete relief and full range of motion. Highly recommend

**Jason W** Aug 25, 2015

Customer since Aug 2015

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**Best Massage I've Ever Had**

Justin was phenomenal! He was very thorough and did a great job. Best massage I've ever had! Thanks Justin!

**Alicia D** Aug 20, 2015

Customer since Jul 2015

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**Excellent Massage**

Finally, someone who knows what they're doing! Justin gave me the best medical/therapeutic type massage I've ever had! And that's saying a lot since I've been getting therapy on my shoulder for the past several years with little to no relief. I highly recommend Justin, he's a miracle worker :-). The one and only downside is the price. It's very expensive. Almost 3X more than the average. But you know what they say, "you get what you pay for". I would definitely go back if I could.

C.G. Aug 20, 2015

Customer since Aug 2015

★★★★★

**super!**

Really great massage - so relaxing! Justin did a great job - very professional. I would definitely recommend a massage from Justin!

R.C. Aug 18, 2015

Customer since Aug 2015

★★★★★

**the real thing!!**

been looking diligently for TRUE therapeutic massage therapy since moving to Chandler 2 years ago....soo very many are just relax/spa massages....I have neck shoulder and back issues and need a therapist who KNOWS the body structure - muscles/tendons/ligaments and skeletal - Justin is highly knowledgeable, professional, and GOOD!!! the highest recommendation

new client Aug 16, 2015

Customer since Aug 2015

★★★★★

**Best Massage Ever**

This was the most thorough and informative massage I've ever had. Justin took time before the massage to find out some of my history, and then he particularly addressed the important spots during the massage. Beyond that, however, he took time to discuss ways I can continue to work on things by myself to further the benefits of the massage therapy. I'm very glad I discovered this practice.

Dell Smith Aug 13, 2015

Customer since Aug 2015

★★★★★

**They don't come better**

My 92 yo mother and I have been seeing Justin a couple of times a month for over a year now and think he's just terrific, both as a massage therapist and as a person. He's helped both of us with varying issues with most areas of our bodies and his cranials make both of us just swoon with relaxation. His prices are reasonable, and he was very open to listening and following the directions of my non-force alternative chiropractor when that became necessary for me. Both he & Pamela are a delight.

Judy &amp; Lillian Aug 12, 2015

Customer since Jun 2014

★★★★★

**Wonderful swedish massage!**

Knowledgeable and proficient therapist, very enjoyable, will return. A+++++

Beth S Aug 4, 2015

Customer since Jul 2015

★★★★★

**A pleasant expierance**

The office personnel were friendly and helpful. The massage was great. I can't remember that last time I had

such a good night sleep.

**Janice Holdsworth** Jul 30, 2015

Customer since Jul 2015

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★★★★★

#### **Excellent**

Been to different massage places here in Phoenix and this is the excellent place to have a massage. Justin knows what he is doing. It may cost more than the other places, but it is worth it.

**J.J.** Jul 28, 2015

Customer since Jul 2014

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★★★★★

#### **Excellent Massage**

I have been to many massage therapists and I can tell when someone knows what they are doing. Justin obviously has a lot of training and experience. I plan to return soon and would recommend him to anyone looking for a good therapist

**Tiffany E** Jul 21, 2015

Customer since Jul 2015

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★★★★★

#### **Highly Skilled, Professional**

I have seen countless therapists and providers to treat multiple injuries, referred pain, and post surgical complications. Justin's experience was easily noticeable. He is extremely competent, professional, and is versatile in using out-of-the-box techniques in addition to massage therapy. Without a doubt, he is the best therapist I have ever seen. Will most definitely return.

**Tiffany F** Jul 11, 2015

Customer since Jun 2015

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★★★★★

#### **His work speaks for itself!**

After 3 1/2 years, I finally have a massage therapist. Great massage, good time management, and I appreciate his drive to continue learning, so he will be an even better Massage therapist. Bravo!!

**Jerri Nelson** Jul 9, 2015

Customer since May 2015

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★★★★★

#### **Therapeutic Massage Was Excellent!**

Great massage, worked very well with the body and understood how it all works together to make the most of the experience! Would recommend!!

**Lynda Pope** Jul 3, 2015

Customer since Jun 2015

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★★★★☆

#### **Client**

Excellent massage by Justin! He is very knowledgeable. The only thing that could be improved is that there was nobody to greet me upon getting there because everyone was in private rooms with clients.

**G.J.** Jun 28, 2015

Customer since Jun 2015

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★★★★★

#### **Amazing Massage Therapist**

Justin is amazing. He is very professional and knowledgeable. I was having some pain in my leg from my sciatic nerve for 6 months and I have tried so many different treatments to help with no resolve. After my first session with Justin my pain was gone for nearly 2 weeks. I went back to Justin and it's been almost a month

session with Justin my pain was gone for nearly 2 weeks. I went back to Justin and he soon almost a month and the pain has not returned. He is very talented and I like that he has package options which make his sessions affordable. A++++

**Marianne Shaffer** Jun 25, 2015

Customer since May 2015



### Massage

Justin did a awesome job. He is very professional. He made my neck and back feel so much better. He is a great at his job.

**Mary Russell** Jun 17, 2015

Customer since Jun 2015



### The best therapy in the last 10 years !!!

Really happy and grateful for finding Justin. I have been getting massages for more than 10 years for trigger points and fibromyalgia and I have never felt so comfortable and confident about the therapist and the results. Justin really knows what he is doing, he is very professional and knowledgeable. I am going to start getting treatments with him twice per month.

**Nelson O** Jun 14, 2015

Customer since Jun 2015



### Great find!!

Really excited to have found this place. Justin is a zen master. I've had a lot of body work done over the years for muscle tightness and chronic low back pain, seen dozens of practitioners and Justin was an A+. Bought a four visit package on my way out the door. Look forward to my next appointment!!

**Ryan S** Jun 13, 2015

Customer since Jun 2015



### The Best!

I have been going to Armstrong Massage Rehab for ten months. Justin is much more than just a massage therapist. He truly cares about his clients and he uses various techniques to make you feel your very best. My pain level is minimal now compared to when I started. I'm so glad that I found him!

**Judy S** Jun 11, 2015

Customer since Aug 2014



### Amazing!

I came in with an extremely tense upper back and neck, and left feeling so relaxed. One of the best massages I've ever had.

**K.P.** Jun 10, 2015

Customer since Jun 2015



### Absolutely great massage!

I came in with such pain and left feeling relieved. Mr. Armstrong was extremely qualified and professional, yet quite friendly. Would make another appointment again in a heartbeat.

**L.G.** May 25, 2015

Customer since May 2015



### Armstrong Massage

I find Justin to be very professional, knowledgeable and friendly. I have some neck and back issues and Justin is able to work through them to provide relief. Initially, I found him through Groupon. After the first visit, I could tell he knew what he was doing. I had tried other massage therapists since my husband and I moved here from Ohio, last July. Justin was the best, by far. I continue to see him. The facility is very neat and clean, which is also very important to me.

**P G-L** May 25, 2015

Customer since Nov 2014

★★★★★

### Massage

One of the best massages I've ever had. I felt like a million bucks ! The facility was very clean and relaxing. The staff and masseuse were very professional and friendly. Thank you :)

**April Garner** May 23, 2015

Customer since Apr 2015

★★★★★

### Amazing Results! Amazing Therapy!

I don't even know where to begin...I have some pretty bad neck issues (anterior discectomy and fusion at c5/c6 and being told I need another surgery). I was looking into alt therapies.. I saw Justin's groupon and starting reading reviews on several different sites...all 5 star reviews... NOBODY gets all 5 stars. I was intrigued... I figured I would give it a try..WOW! 2 sessions and I am new person! I recommend Justin to everyone I know and meet!! He is gifted, knowledgeable & professional.

**Michelle M** May 8, 2015

Customer since Apr 2015

★★★★★

### Best Ever

I have had been to several massage therapists. However Justin is by far the best. I have been going to him for several months now. He is caring, personable and skilled in various techniques. I can't say enough good things about Justin!

**judy Seibold** Apr 29, 2015

Customer since Aug 2014

★★★★★

### Just one hour and I am new again

Too many cross country flights, too many hours in soft chairs at meetings and too little stretching and exercise in the past two weeks. My lower back was sore to the point where I was limping this morning. I had an appt scheduled because I knew I needed help. I have been to Justin many times but this was the most dramatic improvement in a one hour session that I have ever had with him. It is hard to put value on feeling new again.

**Glenn Shields** Apr 29, 2015

Customer since Apr 2014

★★★★★

### What a great massage

I have a fragile body due to having spinal stenosis and other issues. I have been fearful of getting a massage but thought I'd try it when I saw he was an injury specialist. Justin was so careful and yet he "hit" all the right areas and knew exactly how to make me feel some relief. That night I slept the best I have in a long time. Will definitely be going on a regular basis.

**Linn Miller** Apr 28, 2015

Customer since Apr 2015

★★★★★

### Professional and effective

I used my Amazon coupon and was pleased with the office and staff. They were very kind and organized. Justin took time to explain his background in medical massage and how it could apply to reducing my

Justin took time to explain his background in medical massage and how it could apply to reducing my symptoms. He focused the treatment to the area where I was needing. He was polite the entire time and used pressure to my comfort level. I plan on going back.

Jenny L Apr 25, 2015

Customer since Apr 2015



### Amazing Therapist

Justin is magic. He has been my therapist for almost a year now. I have a lot of injury and he helps me so much. He is so knowledgeable and truly gifted at medical massage. He has a great bedside manner and always makes me feel comfortable. I would highly recommend him.

Heather Newman Apr 14, 2015

Customer since Jun 2014



### Awesome

Mr. Armstrong took into account all of the pain I was having and the stress and knew exactly where each knot in my muscles were and spent every minute of the time paid for to loosen all muscles. He has worked with chiropractors and massage companies in the valley and knows exactly what he's doing. He also used techniques I have not had at "chain" massage companies. I will definitely be back. Give it a chance.

John Oeinck Apr 13, 2015

Customer since Apr 2015



### Awesome

Everytime I leave I feel a lot better it's so nice finding someone so good. I have fibromyalgia he always helps when I'm having flare up.

paula r Apr 7, 2015

Customer since Jul 2014



### Absolutely AWESOME

Justin was able to relieve my back pain in one visit where several visits to Chiropractor were unsuccessful. I would highly recommend anyone with pain to try Justin first. You will mostly likely end up saving time and money. Justin is gifted in this field.

Val Van Zutphen Apr 7, 2015

Customer since Jul 2013



### He did it again

I don't expect immediate relief but that is certainly Justin's goal to have you feeling better before you leave. I felt better when I got off the table and surprisingly, any discomfort is nearly gone the day after. Too many people are living with discomfort that can be mitigated. He knows his stuff!

Glenn Shields Mar 5, 2015

Customer since Apr 2014



### Massage

Justin's massage was the best I have ever had. Justin also made me feel very comfortable. I was having problems with my Sciatic nerve and he helped it a lot, He also worked on my back and when I left, I felt 100 percent better. I would highly recommend his services. I plan on going to him frequently.

Linda Sanders Feb 27, 2015

Customer since Feb 2015



**Message**

Great massage - made me feel very comfortable. Would definitely go again. Highly recommend Justin's services to others.

**Charlotte Campana** Feb 24, 2015

Customer since Feb 2015

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**By Far the Best**

My wife and I have been going to see Justin the last couple of years and he is by far the best massage therapist we've ever found. Whether you simply want a massage or need specific work to relieve aches & pains, he's your guy. We highly recommend him.

**E.A.** Feb 21, 2015

Customer since Aug 2013

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**Master Healer**

Justin is a master healer. His intuitive sense as well as his extensive knowledge of the physical and energetic body help him meet his clients where they are and support them on their own healing journey. He is both professional and kind creating an atmosphere of comfort and trust. I also appreciate that he offers exercises I can do on my own to support the work we are doing together.

**Maria S** Feb 17, 2015

Customer since Jan 2015

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**Professional and Amazing!**

I was recently a first time customer referred from a friend and I was blown away. I had no idea I was going to get the type of treatment that I did. I would recommend Justin to any of my friends and family.

**Veronica B** Jan 22, 2015

Customer since Jan 2015

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**great!**

Awesome, first timer, was very good, feel great, will go back. I recommend to anyone, Justin is very knowledgeable.

**dk** Jan 16, 2015

Customer since Jan 2015

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**Amazing**

Amazing always helps me to get through my hard times with my fibromyalgia. Thanks so much so glad I found Armstrong Massage.

**Paula R** Dec 2, 2014

Customer since Jul 2014

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**AMAZING!!! AMAZING!!!!**

I have been ALL over the valley and Justin is by far the BEST! Very knowledgeable, professional and gives the best massage for what your body is needing! I will never go anywhere else!

**Lauren A** Nov 9, 2014

Customer since Mar 2014

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**Professional massage**

I've tried more than 10 massage places before and I can tell Justin knows every inch of muscle and tendon. He could get all my knots and the center of my soreness. Very knowledgeable and professional! Definitely will come back again!

**Yiwen W** Oct 28, 2014

Customer since Oct 2014



**Massage -best of the best**

If you have an issue that you need help with, then you should give Justin a try. I have a lot of experience with massage and therapists, and he is in my top three picks ever!

**J.S.** Oct 25, 2014

Customer since Sep 2014



**Great massage**

Justin was very thorough, and hit all the smaller muscles and neglected areas, rather than just massaging the spots I mentioned. The only negatives were that the room was a bit too cool, and there's a pediatrician's office next door, so I occasionally heard crying babies. Will definitely return for another massage.

**PJS** Oct 22, 2014

Customer since Oct 2014



**an outstanding expert**

Justin cares. He has had extensive training in many modalities and is truly talented.Helping people feel better is his passion.He has now helped me with 4 different pain areas and has also helped me make progress with problems I thought were permanent until I met him.And it shows.I recommend him to all of my people.

**N.S.** Oct 7, 2014

Customer since Apr 2014



**great massage!**

I have been getting massages for 15 years and this experience at Armstrong's was one of the best I have had, ever!

**Dawnee** Oct 4, 2014

Customer since Oct 2014



**Professional massage!**

Justin was very professional, attentive and skilled when giving me a massage. I would refer him to anyone!

**kim h** Sep 25, 2014

Customer since Aug 2014



**Wonderful Massage!**

Justin is a great massage therapist. I always walk out feeling so much better. I can actually feel a huge difference the next day. I will be seeing Justin again for sure. I highly recommend him!

**R.D.** Sep 21, 2014

Customer since Jul 2013



**Massage**

This was the best massage that I have had! I will definitely try to fit another one in and book another

appointment.

**sara m** Sep 10, 2014

Customer since Aug 2014

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★★★★★

**Positive review!**

Best groupon massage! Will go back without groupon.. Justin did just what was needed. Feel good massage with key pressure points for relief where needed.

**s.s.** Sep 3, 2014

Customer since Aug 2014

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★★★★★

**Excellent!**

Excellent! Haven't had this good a deep tissue massage in 3 years. Will try to fit more time in my schedule to set up another appointment.

**Ed Berkowitz** Aug 31, 2014

Customer since Aug 2014

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★★★★★

**Insightful and innovative therapy**

I can't speak enough about the incredible results I have gotten from Justin's work. I have seen him for a couple of years for medical massage for a terrible problem in my shoulder that also caused pain in my neck, back and hips. Justin is a healer at his core, so he not only develops innovative ways to help address my problems but he also treats me in a way that makes the pain manageable. It's hard to remember how much pain I lived with before I saw Justin... I'm so grateful to him!!

**Melanie B** Aug 29, 2014

Customer since Oct 2013

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★★★★★

**Great Massage**

Justin is a very experienced and knowledgeable therapist. I would recommend him to anyone. Thank you

**K.M.** Aug 24, 2014

Customer since Aug 2014

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★★★★★

**Lymphatic Massage**

I recently had surgery and was recommended to have a lymphatic massage. Justin did an amazing job. It has helped with my healing and could tell a difference right away. I am going back soon!

**Katie Deaton** Aug 22, 2014

Customer since Aug 2014

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★★★★★

**Amazing!**

Justin was amazing! I have had many massages and used several therapists. Justin was very professional and thorough. I would highly recommend him to anyone who likes deep tissue massage therapy.

**Jessica L** Aug 22, 2014

Customer since Aug 2014

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★★★★★

**Justin is amazing**

I was a athlete in high school and college and as a result, I have a lot of serious injury and a bad knee. Justin is amazing at rehab and therapeutic massage, I have had outstanding results in just the past month that I have been seeing him. I highly recommend him for therapeutic massage and pain relief. He is very knowledgeable

and really listens to his patients. He is a genius!

**Heather Newman** Aug 20, 2014

Customer since Jun 2014

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★★★★★

**Amazing**

The deep tissue massage that Justin gives is by far the best I have ever received! Thank you SOO much

**Cindy Hartmann** Aug 9, 2014

Customer since Oct 2013

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★★★★★

**Very satisfied!!**

Justin is a great therapist. I always feel at least 85% better than when I walked in. He know how to find my trigger points with minimal to no direction. He is very knowledgable and I would recommend him to everyone that is looking for a great traditional or medical massage.

**Kamisha Hicks** Aug 8, 2014

Customer since Jun 2013

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★★★★★

**Different in a good way**

It was a very different kind of massage. I have never had a massage with so much body manipulation but it was a very good massage and I felt so peaceful and relaxing. Thanks you

**Dwan K** Aug 1, 2014

Customer since Jul 2014

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★★★★★

**Message**

Awesome! Really felt like Mr.Armstrong had my best interest in mind. Felt better after the 1st day. I referred my wife who has already made an appointment for a treatment.

**Brad W** Jul 30, 2014

Customer since Jul 2014

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★★★★★

**Massage**

Great massage! Very relaxing and helped with muscle relaxation after working out and running. Great place to get a massage!

**j.d.** Jul 27, 2014

Customer since Jul 2014

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★★★★★

**Great therapeutic massage!**

Armstrong Massage Rehab is absolutely the best. I have better range of motion and greatly decreased pain. Excellent service and very professional.

**Deanna D** Jul 13, 2014

Customer since Apr 2014

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★★★★★

**Very effective, therapeutic work!**

My second experience! Punctual, reasonably priced and highly effective therapeutic massage! I strongly recommend Armstrong Massage/Rehab for chronic aches and pains: THEY WILL DISAPPEAR!

**Mike D** Jun 22, 2014

Customer since Jun 2014

**Great Massage**

Justin was great really worked out my lumps and I felt great the next day, and I got the full 90min, will go again

**Terri Aragon** Jun 19, 2014

Customer since Jun 2013

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**Helped alleviate painful muscle knots**

I have many knots in my back and neck that seem to always be permanently there. he took the time to ask where I specifically needed the work done and during the massage focused on those spots. He's trained in so many modalities that he was able to use a combination effect to really help me. I felt better coming out of that massage then I have in quite a long time. I look forward to going back.

**Heidi H** Jun 19, 2014

Customer since Jun 2014

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**Just Do It**

Justin knows what's up, he is the most knowledgeable person I have met in a long time. All I can say is I came in with lower back pain and left pain free.

**F.S.** Jun 18, 2014

Customer since Jun 2014

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**just try a medical massage once**

I can't recommend strongly enough. Pick the thing that hurts the most & try a medical massage. I'm older & thought I'd always have to live with my chronic disk pain. Justin is teaching me that it may really be possible to live into old age pain free. He truly loves what he does & has had extensive excellent training in many specialties, so he can adapt what he does to each person's special need. I now tell all my friends that trying a massage with Justin is their best possible investment.

**ASC** Jun 2, 2014

Customer since Apr 2014

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**Talent and tremendous knowledge**

Justin truly loves helping people become pain free and relaxed. He has masterful and extensive knowledge combined with a formidable talent. He generates what I believe is a unique healing experience for his patients/clients. He has now helped me through 2 different kinds of pain, both plantar fasciitis and a persistent neck pain. Each took very little time to "fix" and we are now doing posture reeducation which I find very valuable. Working with Justin is truly a life changing experience.

**Nancy Solano** May 28, 2014

Customer since Apr 2014

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**Don't just live with it**

As we age, stuff happens. By living with discomfort, we begin to compensate which can lead to more issues. Justin is extremely knowledgeable about the workings and interactions of muscular, skeletal and nerve systems. I got immediate relief from an acute problem with one treatment and over time, relief from a chronic issue. I am fighting back. Sold on Justin.

**Glenn Shields** May 14, 2014

Customer since Apr 2014

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**Decades long pain significantly reduced from first massage**

I have suffered from constant disc pain for several decades and none of the many things I tried helped. In my first medical massage, Justin greatly increased my range of motion and I already am experiencing less pain than I have in over 20 years. He has my highest possible recommendation and I will be telling everyone.

**Amado S** May 1, 2014

Customer since Apr 2014

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★★★★★

**Justin is the best massage therapist!**

My back pain is gone after massage therapy with Justin. Justin is absolutely the best massage therapist. I feel so much better and will tell all my friends about Armstrong Massage Rehab!

**Deanna D** Apr 27, 2014

Customer since Apr 2014

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★★★★★

**A true gift for massage combined with outstanding technique**

Justin is working with me to help realign some aspects of my everyday posture. He has also recently done medical massage for my mother, Nancy S., to relieve her plantar fasciitis. After trying lots of different therapies faithfully for 1 1/2 months, Justin was able to get her up and dancing in only 2 massages over a period of 1 week. We both feel that he is a remarkable combination of incredible gift combined with obviously rigorous and excellent education.

**David L** Apr 25, 2014

Customer since Oct 2013

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★★★★★

**Professional and knows his stuff**

You will not be disappointed with Justin. He knows what he is doing and I would recommend him!!! Very professional and on time.

**Matthieu C** Apr 16, 2014

Customer since Apr 2014

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★★★★★

**Very Effective**

Fortunately, I was able to get in the same day for a lower back problems. Justin got me some relief immediately and got me on a path to longer term relief. He knows his stuff and is excellent at explaining as he goes. Highly recommended for issues that you may just be living with because you did not think anyone could help.

**Glenn S** Apr 10, 2014

Customer since Apr 2014

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★★★★★

**AZSOME**

I've been to quite a few different places in the East Valley this was by far the best. My only complaint would be an hour seems too short!

**CHRIS martin** Apr 3, 2014

Customer since Mar 2014

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★★★★★

**Justin Is A True Professional**

I have experienced many massages over the years. This one was simply the best one I have ever experienced. I highly recommend Justin for his knowledge, methodology and application. Great job.

**Rick Pollock** Mar 27, 2014

Customer since Mar 2014

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★★★★★

**Magic Hands!**

I've been going to another massage place for 2 years just to be pampered. Left there feeling relaxed but never "better" than when I arrived. In just my first massage with Justin I can actually feel a difference in my neck and hips. I will definitely return. Why not feel pampered AND fix some long term problems at the same time?

P.K. Mar 4, 2014

Customer since Mar 2014

**Great deep tissue massage**

Justin is very professional and friendly he is a wonderful massage therapist. I would definitely recommend his services.

Carlyn r Mar 2, 2014

Customer since Feb 2014

**Excellent Massage!!!**

Justin is EXCELLENT!!! His massage and other forms of bodywork is not only relaxing but also allows one to free one's self from anxiety and muscular tension. I feel great after a session with him and look forward to the next.

P.B. Jan 28, 2014

Customer since Oct 2013

**Great therapist**

Justin is a very experienced therapist. You will most likely leave feeling better than when you entered. He finds target areas and can work pain away. He is very attentive and responsive to your needs.... Prices are very reasonable for services rendered. You must visit him if you are actually looking to work away pain and gain relaxation.

K.H. Jan 24, 2014

Customer since Jun 2013

**Awesome massage!**

Justin is great! He knows exactly where the knots are & works them out. I leave there feeling like a new person!

J.D. Oct 27, 2013

Customer since Jun 2013

**Justin achieves life-changing results (1 of 2)**

When I first began seeing Justin a year ago I had debilitating arthritis in my shoulder that had, over the course of ten years, caused painful structural imbalances in my neck, back, hips, and knees. Today I am virtually pain-free and I am able to pursue the activities I love. I saw Justin weekly and through the application of multiple medial massage techniques he ultimately realigned my body from head to toe and transformed my muscles into healthy, energized muscle tissue.

Melanie Braunbeck Oct 22, 2013

Customer since Oct 2013

**Amazing Results**

I had my first professional massage in years, and I'm very happy with the results. No more shoulder pain, and I feel great. I definitely recommend it. Thanks Justin!

aubrey lovegrove Sep 26, 2013

Customer since Sep 2013

**Why did I wait so long???**

I cannot say enough good things about Justin. I had been having lower back issues & numbness for years. 1 session relived 90 percent of the pain I was having. Can't wait to go back to eliminate the other 10%. We came highly recommended and now I know why!

Laurie P Sep 14, 2013

Customer since Sep 2013

**Great job on my back!**

I have an old back injury where I tore a muscle. Justin did a better job on it than any other massage therapist I've been to! I'll be back! No pun intended!

A.M. Sep 14, 2013

Customer since Aug 2013

**Awesome Massage**

A Awesome massage. Justin knew where I was hurting. Was able to help get the knots out of my neck, shoulder, and back. Justin is very professional, knowledgeable, and makes one feel at ease. A great massage rehab. Hope to see him again.

Pamela M Sep 9, 2013

Customer since Aug 2013

**Great Massage**

My wife and I wanted massages to kick off our anniversary weekend. We found Justin online and thought we'd give it a try. He was great. His technique and interaction with us was fantastic. We plan to make another appointment. Highly recommend.

E.A. Sep 9, 2013

Customer since Aug 2013

**90 min massage**

Justin was great! perfect amount of pressure during the massage. just what I needed. Wish I could have one every week! :)

Jessica H Sep 7, 2013

Customer since Aug 2013

**Best Massage Ever!**

Justin did a fantastic massage! He did so much more muscle/joint work than a typical massage and I felt great afterwards. He has a great personality and was pleasant to talk to. I'll definitely be back for another massage!

Elizabeth H Sep 6, 2013

Customer since Aug 2013

**Justin is the best**

Words cannot describe how awesome Justin Armstrong is. Incredible method and technique. Very cool to talk to.

G. R. Sep 4, 2013

Customer since Aug 2013



**Great experience!**

Justin is very professional and provides a wonderful service. He works for himself and can control the quality of his massages. Highly recommended.

**Bryce J** Aug 30, 2013

Customer since Aug 2013

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**Excellent Massage**

I felt great after Justin's excellent work. As with all superb massage experiences, I slept like a baby that night. I'll certainly be returning.

**Robert C** Aug 28, 2013

Customer since Jul 2013

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**Very Good Experience**

I have been under treatment with another therapist for rotator cuff pain and stiffness and wanted to try someone new. I am so glad I was referred to Justin. After one session I am very pleased and will be returning for more therapy.

**Jeannette D** Aug 28, 2013

Customer since Aug 2013

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**Best Massage EVER**

OK,,I have had many massage's & some really good massage's, BUT Justin is amazing. I say this because when getting a massage sometimes they can hurt when they go REALLY deep, well Justin goes REALLY deep & its not a total killer & the after effects are GREAT, I feel great for quite a long time afterwards & that has never happened from ANY massage I have received, & I have probably the stiffest neck around and a stiff lower back. So if you want a great massage for any reason call Justin

**T.G.** Aug 25, 2013

Customer since Aug 2013

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**Best Massage Ever**

I have been looking for a good masseur for a long time and finally found one - JUSTIN! He is excellent - the best I have found in the East Valley and I have tried quite a few. He focuses on the areas of your body that need the work and you feel better when he is through. Will go back as often as I can.

**Nancy Wilson** Aug 24, 2013

Customer since Aug 2013

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**Great session!**

Discussed problem areas and Justin focused on them. Nice facility, soothing music, will likely return.

**Bart S** Aug 21, 2013

Customer since Aug 2013

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**Amazing!**

Never knew I had all those knots in my back, but it feels so much better to be rid of them! Amazing!

**G.G.** Aug 13, 2013

Customer since Aug 2013

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**Wonderful Massage**

**Wonderful massage**

I really needed a massage and Justin did an awesome job! I like his technique and his interaction with me as he was doing the massage. Hope to get back again soon!

**C.W.** Jul 31, 2013

Customer since Jul 2013

**Immediate relief from neck and shoulder pain**

Had severe stiff neck and shoulder pain. By the time my session with Justin was over, the stiffness and pain was gone and I had complete mobility. Justin is a great therapist and I highly recommend him.

**Val V** Jul 30, 2013

Customer since Jul 2013

**Great!**

I have disc problems and my 60 minute massage was very helpful. I didn't know how tense my muscles were until the massage started. Justin is very knowledgeable. I will be trying the medical massage soon.

**A.A.** Jul 23, 2013

Customer since Jul 2013

**Pleasant Surprise**

I found Justin on amazon and went with little expectations but great hope as I was in pain. This young man truly enjoys what he does, his dedication to it really shows while he is working on you. He patiently listened to me speak of my troubled areas then offering advice as well as focusing on those areas to relieve some of my pain. I highly recommend him and plan to go as often as I can afford to.

**C.D.** Jul 20, 2013

Customer since Jun 2013

**Good Massage**

Justin was great. Very satisfied with results. I would recommend him to friends and family. He was professional and good. Thank you for a great 90 min, message.

**Mary Vaux** Jun 23, 2013

Customer since Jun 2013

**Good massage, short on time**

The actual massage was good, but my time was shortened. The map on the site was incorrect, which had me running a bit late due to being lost thru no fault of mine, then had to complete 2 pages of paperwork, so my 90min massage ended up being maybe 60min. So was a bit disappointed.

**teresa S** Jun 22, 2013

Customer since Jun 2013

**Very professional**

Great atmosphere, relaxing and very professional. Did a great job. Was happy it was a full 90 minutes :)

**A.M.** Jun 21, 2013

Customer since Jun 2013

**great massage**

great massage nice people. I received the full 90 min usually you get jipped not here. great massage

**Terri Aragon** Jun 18, 2013

Customer since Jun 2013

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**Powerful Justin!**

Justin is the best physical therapist I have ever been to. He is very knowledgeable, professional and gave great advice to help me strengthen my back. I will diffenitly be seeing Justin again in the next 2 months. "Powerful Justin!"

**Timothy Gokey** Jun 15, 2013

Customer since Jun 2013