



WHITAKER THERAPY

Muscle and Pain Relief

For Appointments Call 734-459-4538

Appointment Hours:

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|-----------|--------------------|
| Monday | 12:00 pm - 7:00 pm |
| Tuesday | 9:00 am - 7:00 pm |
| Wednesday | 9:00 am - 3:00 pm |
| Thursday | 10:00 am - 6:30 pm |
| Friday | 10:00 am - 3:00 pm |

Therapy Fees:

| | |
|-------------|----------|
| 1/2 Hour: | \$70.00 |
| 1 Hour: | \$140.00 |
| 1 1/2 Hour: | \$210.00 |
| 2 Hour: | \$280.00 |

Effective 8/1/2017

Location:

9315 N. Lilley Rd.

Plymouth, MI 48170

www.whitakertherapy.com

Parker Whitaker

Parker Whitaker is a Muscle and Pain Therapist who specialized in Muscle Release Technique (MRT) and Release & Repattern Muscle Therapy (RRMT).

The Techniques

MRT is a treatment as well as a philosophy of how to view muscles and their physiology. The treatment includes a combination of pressure and isolated rhythmic stretching in conjunction with proper breathing to release soft tissue. The treatments are applied for recovery, prevention, and performance. Sessions can be focused on a specific area of need, for a specific activity, or a general all over evaluation and treatment. Clients can either wear flexible clothing that allows access to needed area(s) or can be draped in a more traditional bodywork fashion. Sessions also include applicable self-help stretches.

RRMT is an expansion of MRT work. This work incorporates a fusion of other movement therapy techniques blended in a unique way to optimize healing and solve difficult cases.