

## *practionerprofile*

### Health Yourself Massage, LLC Dainah R. Craft, CMT, NCMT, BS, Owner and National/State Certified Therapist

When it comes to muscle tightness and pain there is always a reason why it's there. So the first question Dainah Craft asks at Health Yourself Massage (HYM) is "Why does that area hurt?" Is the muscle tight? Is it injured? What action or reaction is causing this area to be so painful?

As a professional massage therapist, Dainah listens to a body's aches and pains through touch. Once she pinpoints the source, she uses Solution Therapy techniques to help eliminate the pain. Most joint pain can be completely eliminated by identifying and releasing the muscles that make that joint work. Using Solution Therapy, HYM patients have experienced at least a 45 to 80 percent reduction in pain levels that actually last beyond a few days after the massage.

Solution Therapy is a progressive healing therapy and typically takes about five, one-hour sessions for complete results. Patients have found that it works in reducing lower back pain caused from repetitive motion activities, and shortens the healing time from injuries incurred during workouts and other activities. Golfers and tennis players love this technique because it restores the proper blood flow back into injured, tired or sore muscles which helps increase their range of motion and swing rotation. Sports enthusiasts and weightlifters use Solution Therapy massage to help provide a faster recovery time after their workouts.

Health Yourself Massage also uses traditional massage techniques including Swedish massage, deep tissue massage and sports massage therapy to help clients relax or soothe away tight or sore muscles from working on computers, sitting at desks all day, doing housework, working in the yard and many other daily activities.

Please visit the HYM website to learn more about Solution Therapy massage or any of the other great massage techniques. Dainah is now accepting new clients.



"Solution-Focused Therapy for a Healthier You"

#### **HEALTH YOURSELF MASSAGE, LLC**

Dainah R. Craft, CMT, NCMT  
3934 West 96th Street, Indianapolis  
317-379-6007

Email: [Dainah@HYMassage.com](mailto:Dainah@HYMassage.com)  
[www.HYMassage.com](http://www.HYMassage.com)