

We have an Amazing Massage Therapist!

...Meet Dina Perkins...

Dina is our certified massage therapist. She specializes in Orthopedic, Swedish, Sports, Muscle Energy, Myofascial Release, Triggerpoint, Lymphatic Drainage, Polarity, Shiatsu/Table Shiatsu Massage Techniques. Dina has received awards from the American Massage Therapy



Association, and The National Board for Therapeutic Massage. She is well rounded and the perfect compliment to your chiropractic treatment.

We at Bend Chiropractic are proud and happy to have her as part of our staff.

Chiropractic & Massage

...go hand in hand...

- Massage and chiropractic treatments are highly complementary and can mutually enhance the healthcare benefits of both types of treatment.
- Massage helps to stabilize the spine and increase the benefits of Chiropractic adjustments.
- Massage creates greater blood circulation and the release of tension, thus increasing the benefits of Chiropractic adjustments.
- Tight muscles can pull the spine out of alignment, and massage relaxes and releases muscle tension.

Available

Tuesdays; 9-2 & Thursdays 12-5

\$65/ Hour or We have packages available for purchase at a discounted rate.