

Mike Krizek, LMBT

NC Lic 6304, NCBTMB 398451-11, NY 16420



Mike Krizek is licensed and nationally certified as a Medical Massage Therapist. He studied at the State University in Hudson, New York, and has worked in both private practice and adult health care facilities. His training and experience will facilitate your healing process and recovery, along with maintaining health and balance.

- Certified in Massage Cupping™ Bodywork
- National Trainer in MediCupping Therapy™
- Specialized training in geriatric care
- Certified in Shiatsu
- Certified in Hot Stone and contrast therapies
- Trained in Myofascial release and Deep Tissue Massage, Neuromuscular and Sports Massage
- Specialized training in Myoskeletal Alignment techniques
- Training in Pregnancy Massage

Sessions and consultations by appointment only.

Arrival Time: Please arrive 20 minutes prior to your initial treatment. This will allow for consultation and completion of intake forms.

Cancellation Policy: Please notify us 24 hours prior to your scheduled treatment if you must reschedule or cancel your appointment. Clients who reschedule/cancel an appointment with less than 24 hours will be charged 50% of the treatment price.

Location: Convenient location off of Mills Gap Road in South Asheville
Office-site massage available by request.

HAWK RIDGE MEDICAL MASSAGE

619 School Road E
Asheville, NC 28803
(828) 684-1451

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Email: Mike@HawkRidgeCenter.com

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Hawk Ridge Medical Massage

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Medical Massage

Specializing in Pain Management Conditions Such As:

- Upper & Lower Back Pain
- Carpal Tunnel Syndrome
- Circulatory Problems
- Degenerative Disc Disease
- Fibromyalgia
- Frozen Shoulder Syndrome
- Hyperkyphosis/Hyperlordosis
- Muscle Spasms, Strains & Sprains
- Musculoskeletal Injuries
- Neck Pain
- Osteoarthritis
- Parkinson's
- Plantar Fasciitis
- Postural Rehabilitation
- Pre and Post Operative Rehab
- Pregnancy and Labor Discomfort
- Range of Motion Issues
- Sciatica
- Scoliosis
- Sports Injuries
- Tendonitis
- Tension Headaches
- TMJ Issues

*Please call for more information regarding health concerns not listed.

Medical Massage adopts the medical terminology, medical techniques and medical protocols used by the traditional allopathic, medical systems of health care.

Over the years there has been a large amount of scientific research supporting the many beneficial effects of Medical Massage Therapy. Medical Massage Therapy focuses on the problematic issues relating to musculoskeletal issues causing chronic and acute pain issues. Additional benefits, but not limited to:

- Focuses on Chronic Pain
- Acute Injury
- Aids in Recovery from Surgery
- Reduces Post Surgery Adhesions
- Reduces Scarring and Swelling
- Stimulates the Lymph System
- Reduces Muscle Spasms and Muscle Cramping
- Increases and Restores Joint Movement and Joint Flexibility

Medical massage sessions last a minimum of 45, but no longer than 80 minutes. A typical initial treatment plan is 8 to 12 sessions. As we progress, you will return to your primary care physician for a re-evaluation to see if additional medical massage sessions are needed.

"I have over a 95% success rate in relieving pain issues that involve the muscle-skeletal system. Medical Massage Therapy methods are focused on the problematic areas so pain is eliminated and you are enjoying an effective recovery process."

Call Today to Set Up a Free Consultation

Blue Cross & Blue Shield and most major insurance companies are accepted.



Personal Checks Accepted

Hawk Ridge Medical Massage has been approved as an Alternative Therapy Provider under most major health plans.

We offer discounts of up to 25% off our regular rates.

Ask us about discounts for your health insurance program.