

Trending in Scottsdale: Restoration Movement

Written by Amanda Rumore

Being a mom can be tough! Many moms I know, including myself, consistently beat up their bodies with regular tasks such as carrying a tot around all day, playing on the floor with the kiddos, sleeping on floors next to cribs / toddler beds, as well as weigh training at the gym, early-morning cardio, etc, etc.

Luckily for us phoenix moms – and everyone else in town – [Movement Restoration](#) in Scottsdale is restoring natural movement back to the body through individualized massage treatments. Truly leaders in the industry, Movement Restoration worked with over 27 Athletes who went to the 2016 Rio Olympics and consistently works with [professional athletes](#) that live in and visit the Scottsdale-area, including players in the NFL, MLB, NBA, NHL, UFC and PGA.



I had the opportunity of visiting Movement Restoration for a Deep Tissue Massage, NormaTec treatment and Cold Plunge. This three-tier [treatment plan at Movement Restoration](#) is designed to improve range of motion, enhance flexibility and increase circulation.

- **Deep Tissue Massage** - This massage is recommended for chronic issues with tension. A deeper pressure is used to focus on the deeper muscles where the tension is stored. This technique incorporates stretching, joint articulation and trigger point if necessary. The massage left my body feeling refreshed and rejuvenated.
- **NormaTec PULSE Recovery Systems** - A dynamic compression device designed for recovery and rehab. The system includes a control unit and leg attachments that compress air to massage your limbs, mobilize fluid and speed recovery with our patented NormaTec Pulse Massage Pattern. I could have stayed here all afternoon and especially loved the affect the compression had on mylegs.



- **Cold Plunge Therapy** - Taking an after exercise plunge in an ice water bath (a tub of ice water around 40 - 50 degrees) is a common practice among many elite athletes as a way to recover faster and reduce muscle pain and soreness after intense training sessions or competitions. From elite runners nearly all professional rugby players, the 5 - 10 minute (and sometimes up to 20 minutes) ice bath is a standard practice routine. Ultimately, this was super cold. I was able to stay in for about two minutes, but I've set a goal to reach five minutes on my next visit!



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About Restoration Movement

Located in Scottsdale, Ariz., Movement Restoration caters to anyone with restricted movement, compression of joints, tight muscles or discomfort as a result of repetitive motions and positions from daily activities or jobs. Not only do they offer the pro-level treatments like the NormaTec and Cold Plunge Therapy, the [menu of services at Movement Restoration](#) includes Swedish, Reflexology, Deep Tissue, Sports and Pregnancy Massages.

The Brains and Braun Behind the Concept

Movement Restoration is the realization of co-founders Trisha Haw's and Brynn Martin's passion for helping individuals enhance overall health and quality of life through massage and movement.

Trisha's background includes more than 15 years of hands-on massage therapy experience within chiropractic and wellness practices, award-winning resorts and spas and elite athletic training facilities. She has treated everyone including professional and amateur athletes working closely with Movement Restoration's Partner ALTIS (one of the most elite training centers shaping athletes from around the globe.) She also has worked at EXOS in Phoenix since 2008. In addition, Trish has been asked to develop and write treatment protocols for some of the nation's top resorts and spas, including the famed spas at Fairmont Hotels & Resorts throughout the Southwest. Trisha now teaches her personalized and integrated approach to massage therapy to Movement Restoration therapists.



Brynn is an Arizona State University graduate. After graduating, she has been focused full time on business operations. Her passion for being an ambassador for Movement is ultimately what has come to be known as Movement Restoration. Brynn grew up in a family of active healthcare professionals and social entrepreneurs and has always had a passion to make positive change in helping people improve their health and quality of life. She embraces activities that keep her active in Scottsdale/ Phoenix metro area as she is an Athlete Ambassador for Newton Running Company and loves to train for triathlons.



The Future

Movement Restoration will be opening a new concept in December 2016/ January 2017. This new location will be next to [Nikki Metzger's new gym, BODI](#). You will be able to workout at BODI and then recover at the new Movement Restoration concept. The recovery tools being offered will be similar to what professional athletes utilize to take care of their bodies.

Just for YOU

Readers can use code AZFOOTHILLS for 35% off a 60 minute deep tissue/ Sports Massage.

Restoration Movement is located at 6747 E Thomas Rd., Suite 104 in Scottsdale. For more information and to schedule your visit, visit <http://www.movementrestoration.com>.

[Amanda Rumore](#) is a writer, mom blogger and lifestyle expert. Scottsdale-based, by way of Chicago and Los Angeles, she lives with her husband, Anthony, daughter, Mia Valentina, and Boston Terriers, Gigi and Harley. Amanda is the founder of [ValleyGalInc.com](#), writes for various magazines and appears on local television stations featuring family-focused stories. She was also voted "Favorite Valley Mom 2016" in the Best of the Valley!