

YVONNE L. NEAL, LMT

Yvonne is a graduate of Spencerian College of Lexington, Kentucky. She is a licensed massage therapist in Kentucky and is nationally certified.



She joined Versailles Chiropractic in September 2009 and works part-time and by appointment only. We are happy to have Yvonne on our team here at Versailles Chiropractic and know she will be a healing and helpful influence to her clients.

To her credit, Yvonne has spent much of her career as a massage therapist participating in a University of Kentucky referral program for the terminally ill and for senior citizens. Through her work, she has been instrumental in helping individuals who live with chronic pain from arthritis, fibromyalgia, conditions associated with muscle atrophy, and many other musculoskeletal conditions.

“My greatest success story to date would have to be the relationships that I have established while treating my clientele and seeing their satisfaction with the care they receive during our sessions together. I believe in continually learning new methods of massage and incorporating them into my work in order to provide the highest level of treatment.

My goal is for my clients' muscles to learn to relax when they are not needed in order for their bodies to work more efficiently and painlessly over a reasonable period of time. I truly enjoy working with knotty discomfort! Applying direct pressure to an area that might initially be painful and then feeling it dissolve into supple muscle is wonderful, and it is an instant recipe for improved overall well being.

If you have any questions about how massage therapy can benefit you, I would love the opportunity to talk with you. I am here to offer my services and to help in any way that I can.”

—Yvonne Neal, LMT

VERSAILLES CHIROPRACTIC, PSC is owned by Dr. Scott Gladdis, DC. He is the sole chiropractor for the business that opened in Versailles, Kentucky, on July 30, 2007. Dr. Gladdis and his wife, Molly, live in Versailles. He is a native of Indiana and a graduate of Palmer College of Chiropractic. Prior to opening Versailles Chiropractic, he was an associate in a Colorado chiropractic clinic.



Hours of Operation

Versailles Chiropractic Appointments

Monday: 9:00 am—6:30 pm
Tuesday: 9:00 am—6:30 pm
Wednesday: 9:00 am—6:30 pm
Thursday: CLOSED
Friday: 9:00 am—6:30 pm
Saturday: 9:00 am—11:00 am
(Most insurances accepted; cash rates.)

Massage (By Appointment Only)

Call for appointment availability.
We do not bill insurance for massage therapy.

SAVE MONEY AND TIME! Our massage rates are lower than the Lexington market. Take advantage of our services for:

- 🕒 Your Own Health & Healing
- 🕒 Anniversaries
- 🕒 Awards & Appreciation
- 🕒 Birthdays
- 🕒 Christmas
- 🕒 Father's Day
- 🕒 Mother's Day
- 🕒 Valentine's Day
- 🕒 Veteran's Day and More!

*Gift Certificates
Available*

FEELING BETTER IS JUST A TOUCH AWAY

Massage Therapy



Hands-On Healing for
Your Health & Well Being

Yvonne L. Neal, LMT

Versailles Chiropractic
Dr. Scott Gladdis, DC
260 Crossfield Drive, Unit 2
Versailles, KY 40383-1596

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BETTER HEALTH

the Natural Way

What is massage therapy? Massage is a systematic stroking, kneading, and pressuring of the soft tissues of the entire body in order to induce a state of total relaxation. It gives reassurance, warmth, pleasure, comfort, and renewed vitality. For thousands of years, massage has been used to prevent and alleviate pain, discomfort, muscle spasm, and stress.

Massage is a means to counteract work and domestic pressures. For many of us, stiffness and pain are a way of life, and it is often not until we give or receive a massage that we realize that our muscles are tight or that we are consumed by tension.

Massage promotes health and wellness and improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems. It is useful in improving the rate at which the body recovers from injury or illness.



Types of Massage We Offer

SWEDISH RELAXATION MASSAGE

This is the most common type of massage therapy in the United States. It is both gentle and relaxing. For this reason, persons new to massage will find it the perfect choice. During this massage, your therapist will use long smooth strokes, kneading, and circular movements on superficial layers of muscle using massage lotion or oil.

DEEP TISSUE MASSAGE

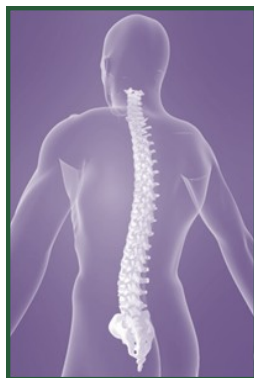
This therapy targets the deeper layers of muscle and connective tissue. Your therapist will use slower strokes or friction techniques across the grain of the muscle. It is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. You may feel sore for one to two days after this therapy.

PRENATAL MASSAGE

Prenatal massage is used to reduce stress, decrease swelling, relieve aches and pains, and reduce anxiety and depression. It is customized to a woman's individual needs. The therapist knows the proper way to position and support the woman's body and how to modify techniques.

TRIGGER POINT THERAPY

Trigger points (knotty muscles) are areas of tenderness in muscles. Trigger point therapy eliminates pain and re-educates the muscles, reduces muscle swelling and stiffness, and relieves tension while increasing range of motion, circulation, flexibility, and coordination.



ADDITIONAL THERAPIES

All massage therapies offered at Versailles Chiropractic include light reflexology work and craniosacral therapy.

Reflexology is the art of working energy zones in the hands and feet to stimulate healing energy throughout the body. As each zone is worked, all the organs, glands, and tissues in that zone are brought into a more balanced state.

Craniosacral therapy is a soft-touch method of releasing restrictions in the membranes and cerebrospinal fluid that surrounds and protects the brain. It improves the function of the central nervous system, aids in the decreasing pain and other dysfunctions, and helps ward off disease.



Alternative Health Care Facts

Chiropractic is a health care profession that focuses on diagnosis, treatment, and prevention of mechanical disorders of the musculoskeletal system, with special emphasis on the spine. Vertebral subluxation or spinal joint dysfunction can interfere with the body's function and its innate ability to heal itself.

Chiropractic treatment emphasizes manual therapy, including spinal manipulation and other joint and soft tissue manipulation, and includes exercises and health and lifestyle counseling. Chiropractic is safe and effective. Most insurance plans cover chiropractic care.

Massage therapy is a complementary treatment to chiropractic. As this brochure describes, Versailles Chiropractic has a wide range of therapies, including massage, that will improve your well being and promote the healing of ailments that affect your everyday life. ☺