

Dr. Jennifer Casey

The gift of touch and healing



Dr. Casey helping a master gardener and former concert pianist with hand, arm, back, shoulder and neck problems.

As many as one in three Americans suffer from some kind of chronic pain. If you are one of them, you owe it to yourself to try the wonderful healing hands of Dr. Jennifer Casey at the Hands of Gold Clinic. You'll be glad you did!

Dr. Casey combines medical expertise with an amazing gift for touch and healing. "I've been educated as a physician, but I conduct my practice as a massage therapist specializing in medical and rehabilitative massage, gentle deep tissue, and myofascial therapy, among other techniques," she explains.

Dr. Casey has practiced as a massage therapist for well over 20 years and teaches Deep Tissue and Therapeutic Massage at the Oregon School of Massage. "I approach my work with my intuition and the heart and mind of a physician; I thrive on a problem to be solved. It is so gratifying when I am able to make that therapeutic difference a client has been seeking for so long."

Many people mistakenly believe, or are told, that when they experience pain, it is an "itis" they just have to live with. Not so says Dr. Casey. "People have no idea of the pain and

The Hands of Gold Clinic

Lake Oswego, OR 97034

503.636.8200

www.HandsOfGold.com

(OMBT #8183)

Flexible hours and Saturday appointments accepted

symptom relief someone skilled in manual therapies can provide for them. It is only rarely that I meet someone for whom I cannot make a very significant difference."

Dr. Casey can work miracles on a wide range of problems, including old and new injuries of all kinds. These include auto accidents and other kinds of trauma; occupationally related discomfort and functional restrictions; hip and joint problems; disk problems; sciatica and regional numbness, tingling or impaired circulation; TMJ; "weekend warrior" sports injuries; and overuse syndromes such as carpal tunnel or rotator cuff injuries. Dr. Casey has transformed the lives of post-trauma and post-surgical patients with painful, limiting, or unattractive scarring; patients seeking alternatives to surgery; patients suffering from chronic disease conditions; and those with chronic debilitating migraines and fibromyalgia, among many others.

The effects of manual therapy can be dramatic. "Clients find they can stand up straighter and finally achieve that perfect posture their mom used to nag them about," Dr. Casey says. "They experience far greater mobility and freedom of movement than they ever thought possible. They feel less stress. It's like a tremendous weight has been lifted from them!"

While a discernable difference may be noted within days or hours after a single session, the real goal is lasting relief. Dr. Casey recommends that clients commit to a series of sessions in order to realize the full benefits of manual therapy. "I like to assist clients in discovering ways they may continue to maintain the therapeutic gains we've achieved together," Dr. Casey explains. "In my office, therapy is also a form of personal training; I want to give my clients the tools they need to maintain the level of comfort we've established together."

If you or a loved one suffer from any kind of chronic pain or physical problem, call for an appointment with Dr. Casey today. The Hands of Gold Clinic provides a lovely and serene environment to facilitate your healing. On a cold winter day, you may even elect to have a wonderful, warm fireside massage. And because

there is no greater gift you can give than relief from pain, Dr. Casey offers personalized gift certificates. The clinic accepts all major credit cards and will send your thoughtful gift anywhere you wish the very same day! Call today and let Dr. Casey's Hands of Gold help you.

Quotes from Dr. Casey's patients:

"I have received literally hundreds of massages; however, I have never had anyone tune in as well to the issues with my body like Dr. Casey"

— S.F., Tigard

"This woman is amazing! I'd suffered for years, but she was able to identify the problem and relieve the pain in the first session."

— G.M., SW Portland

"I drive 2 hours to see her and would drive even further . . . No one has helped me [with fibromyalgia] like she has."

— J.H., Tillamook

"After being diagnosed with a progressive syndrome seven years ago . . . Dr. Casey provides a haven of support and expertise."

— K.L., Lake Oswego

"For years I thought I just had to live with . . . my chronically sore elbow from a compound fracture 25 years ago. My arm finally feels the best it has in 25 years."

— R.R., Milwaukie

"With different approaches, she not only has effectively treated [my 'out of control'] condition, but she also has kept the condition under control and in remission."

— C.S., Woodburn

"I have been prone to debilitating migraines and Jennifer has been able to make them disappear within minutes . . . I'd gladly pay any price for the kind of relief she can produce."

— D.D., SW Portland

"Dr. Jennifer Casey is without a doubt the most talented and gifted person I have ever met."

— D.P., SW Portland

"I'm an M.D., . . . Dr. Jennifer Casey is my masseuse of choice . . . her gift of touch [is] exceptional."

— MAW, Canby

Quotes shown above excerpted from statements submitted to www.portland.citysearch.com (search "Hands of Gold" to read them in their entirety).