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Nicole's work is a "multi-modal approach" meaning that she uses various soft tissue techniques in conjunction with other forms of therapy such as exercise, proprioception training, etc., in order to evaluate, treat and improve the status of musculoskeletal conditions. She is continuously engaged in the latest scientific findings within fields such as bodywork and movement therapy, manual therapy and sports medicine. Nicole is passionate about supporting our patients in their pursuit of pain-free movement, greater mind-body awareness, increased functional and athletic performance and achieving overall systemic balance.