

Holly Odom *LMT/ART*

Mon 2:30-6pm,  
Tues/Thur/Fri 9am-2pm.  
Holly@Thrive-Austin.com

Sabrina Reddington *LMT/ART*

Mon/Wed 9am-2pm,  
Tues/Thur 2:30-7pm.  
Sabrina@Thrive-Austin.com

## Deep Tissue/Sports Massage/Active Release

30 Minute Massage: \$45-\$50  
60 Minute Massage: \$85-\$90  
90 Minute Massage: \$125-\$130

### Foam Rolling

All practitioners at THRIVE *AUSTIN* are trained to teach clients how to self-massage common soft-tissue stuck points with the assistance of a foam roller. Classes and individual sessions are available upon request.

### Cancellation Policy

There is a 24-hour cancellation policy for all appointments (new and repeat). You will be charged for the missed session without proper notice.

## Thrive-Austin.com

### Parking

There are five parallel parking spaces alongside Suite F, otherwise there is metered parking on all surrounding streets

### Local Sponsors

THRIVE *AUSTIN* is happy to be the massage therapy sponsor to the local, non-profit running club, TwentySixTwo.Org

All sessions are by appointment only.

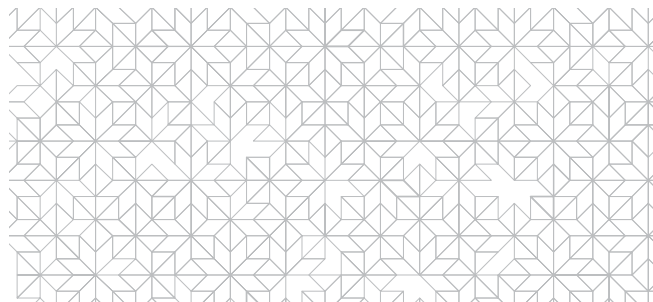
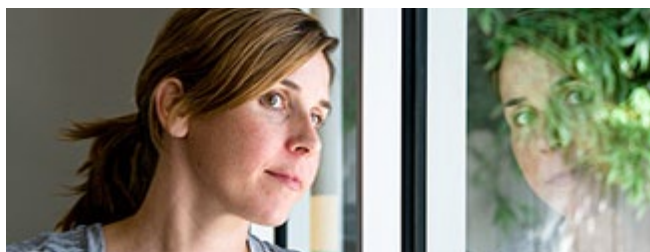
Please contact the therapist you would like to work with directly via email or by calling the office.

### Acceptable forms of payment

Cash or check.

Holly Odom *Biography*

2



Holly Odom, owner and operator of THRIVE AUSTIN has been a licensed massage therapist and active release techniques provider in Austin since 2005.

Her approach to treating the body is heavily focused on first: detecting any and all soft-tissue dysfunctions, second: resolving those issues back to a healthy function and lastly: working with the client to maintain that positive state for continued well being.

Holly's path to the health care industry started in New Jersey, her home state. As a college swim coach for the men's and women's swim team at Stevens Institute of Technology in Hoboken, NJ she began to notice gaps in the prevention and care of common soft tissue swimming injuries. Upon further research she discovered Active Release Techniques (ART®)--a manual approach to treating scar tissue and nerve entrapment-- and realized this could help treat many of the problems she was seeing that were keeping swimmers out of the water.

This led to her enrollment and completion of course work at the Institute for Therapeutic Massage in Red Bank, NJ and then her certifications in ART® upper extremity, lower extremity and spine followed. Holly is presently maintaining her ART® full body certifications and enjoys the influence it has on her massage therapy practice as it allows for a much more successful and specific approach to treating soft tissues.

Holly's work as the volunteer assistant to the university of Texas Women's Swimming team for the 2005-2006 season brought her to Austin and six years later she couldn't be happier. She continues to split her time between swim coaching--now at Pure Austin Quarry Lake--and treating a growing practice at Thrive Austin.

512.425.0540

809 West 12th Street, Suite F  
Austin, Texas  
78701

Holly Odom *Resume*

3

## Licensed Massage Therapist #046697

THRIVE *AUSTIN*  
Austin, TX  
*Owner, Operator*  
01/08–Present

The Body Therapy Center  
Austin, TX  
*MT/ART Provider*  
08/05–10/07

UT Women's Swim Team  
Austin, TX  
*Swim Coach*  
08/05–03/06

St. Bonaventure University  
Olean, NY  
*B.A. Journalism*  
97–00

Pure Austin  
Austin, TX  
*Swim Coach*  
06/06–Present

Performance Wellness  
Austin, TX  
*MT/ART Provider*  
08/05–12/06

T-3, Triathlon Swim Clinic  
Austin, TX  
*Swim Coach*  
Spring 06

Institute For Therapeutic  
Massage  
Red Bank, NJ  
*Massage Therapy*  
04/05

Holly Odom *Testimonials*

4

“She’s the best and most knowledgeable sports massage therapist around.”

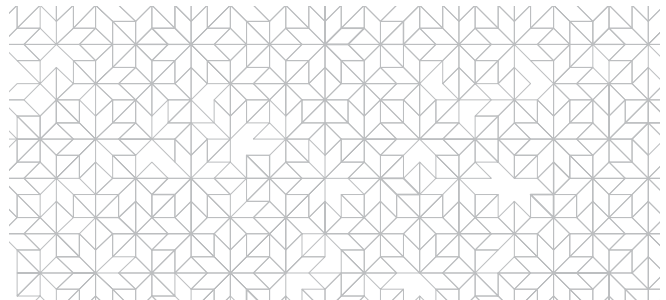
“Regular body work at THRIVE *AUSTIN* has kept me going through months of marathon and Ironman training. Whether I’ve got regular soreness and stiffness from weekly mileage, or an acute injury to a specific muscle, Thrive helps me work out the kinks and keep up the training week after week. When I’m feeling tight and in need of a good tune-up, I call THRIVE *AUSTIN* for an appointment right away!” Paul Carmona

“I have been a client of Holly’s for years. As a triathlete, she’s been able to help prevent injuries and speed up my recovery. ” Mike Boecker

”As a family physician I often preach prevention. I sincerely believe that massage therapy has been a major force in my being able to continue to be active in spite of a heavy schedule of work, triathlon, marathons, century cycling events, and 200 mile team relays. With massage therapy and ART®, Holly has treated me for strains and sprains and helped prevent shin splits. I really believe massage therapy is great for everyone from stress relief

-Mike  
Boecker

to injury prevention to injury treatment.” M. Cortez, MD  
“After suffering with low back pain for nearly two years I found Thrive austin. Several specialists told me my condition was degenerative and that little could be done. It was obvious soon after my first session that Holly was knowledgeable about her practice. She is truly committed to her clients and their well being. She is a great listener who designs her treatment plan accordingly. After only a few months of therapy my goals for recovery have far exceeded my expectations. Sessions with Holly have allowed me to continue a demanding 12-hour work day. I have also been able to resume doing the things I love most, like hiking and kayaking.” Carla Case, Registered Nurse



Sabrina grew up in Austin, Texas and has been practicing massage here since 2001.

After working at Dell for several years she began to notice that sitting for long periods of time can create chronic pain and discomfort. This was the catalyst for pursuing her initial massage training at A New Beginning School of Massage in 2000. It was there Sabrina found a passion for deep tissue and sports massage. After successfully completing advanced techniques for the upper and lower body in 2001 she was well equipped to help address repetitive use injuries as well as chronic pain issues. This has become the driving force in her practice.

After being pregnant with her first child, Sabrina decided there was a need for experienced body work for mothers-to-be. She soon completed her certification for Pregnancy and Postpartum Massage Therapy in 2003 and was invited back in 2005 to help instruct and observe the class.

Sabrina has great compassion for mothers-to-be and

considers it a very important part of the pregnancy experience. Pre and post-natal massage concentrates on the special needs of the pregnant mother by addressing; structural changes to the hips, low back pain, hormone shifts, self image, as well as other joint and muscle aches.

Her continuing additional education in Sports Massage and Stretching was prompted by her desire to work with athletes. This has allowed her to help correct and maintain her client's agility and longevity in their chosen sport.

Staying true to what first brought her to soft tissue body work, Sabrina still visits offices to help relieve some of the daily stress and fatigue brought on by working in a chair all day.

She has taken her education one step further, with a certification in Active Release Technique (ART) Upper Extremity in May of 2011. Sabrina enjoys using ART and massage therapy to treat varying types of clients and issues and welcomes new clients.

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Austin, Texas  
78701

Sabrina Reddington *Resume*

6

## Licensed Massage Therapist #028440

THRIVE AUSTIN  
Austin, TX  
*LMT*  
12/10–Present

Perfect Touch  
Austin, TX  
*Owner/Operator, LMT*  
06/03–05/04

A New Beginning,  
School of Massage  
Austin, TX  
*Massage Therapy*  
08/01

Pure Austin Fitness  
Austin, TX  
*Lead LMT*  
05/04–11/10

Austin Body & Soul Day Spa  
Austin, TX  
*LMT/Treatment Specialist*  
09/01–06/03

“Sabrina is one of, if not the best, deep tissue massage therapists in Austin.”

-EAD

“She has a keen understanding of the body and is able to work through some of the most troubling issues of active athletes. She is part of my long term injury prevention plan and has an innate ability to understand the balance of results with an understanding of each person’s tolerance point. I’m deeply appreciative of everything she has done to help keep me on the tennis court!” EAD

“I loved having the opportunity to benefit from prenatal massage by Sabrina. Her knowledge and expertise made me feel comfortable and confident in receiving bodywork throughout my pregnancy. I noticed immense improvement in my sleep as well as my flexibility and general all-over physical comfort. My sessions with her were a joy and a definite necessity during my pregnancy.” Jessi B

“I have been to several massage therapists in Austin over the last 20 years. I started going to Sabrina 4 years ago and simply put, she is the best! Sabrina is a caring professional that has a passion for helping her clients. Her efforts and techniques have helped relieve pain and increase flexibility. I gladly give her my strongest recommendation.” Chris M