



# Holley DeShaw, LMT

Independent Contractor — License # 10890

### **Educational Background**

Holley came to the Back In Motion healthcare team with over three and a half years of extensive experience in a multi-faceted health care facility, specializing in



motor vehicle accidents and other trauma-related injuries. Since attending East West School of the Healing Arts in 2003, she has given over 4,000 massages. Holley has also completed additional training in myofascial release, scar tissue mobilization, sport and athlete massage, and

most recently completing the Kinesiotaping Series with a Sports specific certification. She also had the privilege of assisting Molly Vershingal, with "Massage in the Treatment Room" at Portland State University's Athletic Department. She is Nationally Certified and an active professional member of the American Massage Therapy Association.

### **Techniques & Philosophy**

Holley believes in customizing each session to the needs of the individual client. She enjoys incorporating myofascial, trigger point and specific stretching elements into her treatments.

### **Personal Interests**

With goals of selection for the Olympic medical team, Holley is



committed to extensive continuing education and athlete support. Since joining Back In Motion, she has been on the athlete medical staff at events such as Prefontaine, the

### **Office Hours:**

Monday 2:00 pm - 8:00 pm  
Tuesday & Thursday  
7:00 am - 1:30 pm

*Gift Certificates  
Available*

Road to Eugene, the US National Triathlon championships, the Dew Tour, the Fiesta Bowl Organization, and was most recently named the official massage therapist for the OFA. This summer she joins the Prefontaine and the Olympic Trials for Track and Field athletic support teams, and follows up with her second year working with the Dew Tour.

*"As a Licensed Massage Therapist my goal is a LIFE-LONG professional career rich in compassion, with a dedication to health and well-being and the highest standards of practice."*

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