

Carol Dobrinsky-Bio

Carol has been practicing massage therapy for over 25 years. She specializes in Visceral manipulation treating digestive disorders, chronic pain and women's health issues.

Carol graduated from Wellington College of Remedial Massage Therapy from the Advanced program in 1994. Carol also graduated from Red River Community College Nursing program in 1979. She's obtained a Master's Level in Visceral Manipulation from Dr. Josh Lloyd, DO. In 2014.

Carol has lived and traveled through Europe and the United Kingdom, where she has studied and practiced various healing modalities. These include Chi Nei Tsang (Chinese Internal Organ Massage), Aromatherapy, Touch for Health, Reiki, Soft Laser Therapy and Nutritional Counselling.

She operated a massage and aromatherapy clinic in Praia Da Luz, Portugal, (1987-1991), where she also worked with an Osteopath, where she gained inciteful techniques. It was through this time period, where she learned and fell in love with the invaluable treatments to the abdominal cavity. Since returning to Canada in 1992, she continued to study and develop Visceral Manipulation techniques, especially adapted to work in a massage therapy setting.

Carol has found her nursing background has enhanced her massage practice by having a better understanding of pathologies and the patterns of chronic pain, and its management. She has found that throughout her years of practice, results were obtained when visceral manipulation was introduced into the massage therapy treatments. The results were longer lasting and quicker.

Visceral Manipulation is often the missing piece of the puzzle with many patients with chronic, persistent pain issues. Specializing in visceral work to treat digestive disorders, chronic pain, anxiety disorders and women's issue massage therapy has allowed Carol to be able to help more people. Every day she strives to both educate and heal her patients, empowering them to live better healthier lives.