

PROACTIVE HEALTH THERAPEUTIC SERVICES

SPORTS MASSAGE



TESTIMONIALS

STEPHANIE FORTE- ELITE ROCK CLIMBER

" For any athlete, body work is an essential component of a successful training plan. As a rock climber, a restriction in my movement can mean the difference between taking a big whipper vs. clipping the anchors. Having worked with Scott for over a year, I've seen big improvements in my performance and an increase in flexibility that I couldn't achieve with yoga alone. Some sessions feel painful but the end result is always greater freedom of movement, increased performance and no more aches or pains. Anyone who is serious about their sport and training should work with Scott." - Stephanie Forte

"Stephanie Forte is an elite rock climber based in Las Vegas. Her accomplishments landed her in the award-winning documentary A Day in the Life: Five Women Who Climb and in the pages of magazines such as National Geographic Adventure, Sports Illustrated for Women, Las Vegas Life, Climbing Magazine, and Rock & Ice Magazine named her one of the top ten women in American rock climbing."

RACHEL SOTO - BIKINI COMPETITOR

“As an athlete training with such intensity, pushing my body to the limits every day my body was beat up and needed repair. After a few sessions with Scott Z. at Proactive Health Therapeutic Services I felt amazing and I was able to train harder, more affectively with greater strength and technique. My muscle symmetry developed nicely because I was able to prevent injury as well as reduce risk of other muscle groups overcompensating. Scott Z. is amazing how he uses (whatever training it is you have to release the energy blocks and reestablish strengths in all limbs equally...)”



JEN DELGADO - FIGURE COMPETITOR

"Scott Zelensky is an amazing sports massage therapist. I'm a sponsored athlete and a firefighter/EMT which means I'm extremely active. Scott has helped me with my performance as an athlete and firefighter, better mobility and flexibility, and avoids injury. I've been using Scott's services for 2 years and there is no one better qualified."



MARK BIERI- BJJ COMPETITOR/RFA MATCHMAKER

"Scott is the Wizard! Any BJJ or MMA fighters who have injuries (that's all of you right) need to come see this guy first. I also see him regularly for PNF stretching. It helps keep me way more flexible than I could get on my own. I found him from this very web site. He's the real deal."



LARA BAKER- CENTURY CYCLIST

"As a Century cyclists, long rides can take a toll on my body even more than my bike. I get my bike tuned up regularly. It makes perfect sense that I should get my body tuned up even more regularly. My cycling coach referred me to Scott at Pro-Active Health. He has really helped me stay "tuned up"! My performance has improved and I have stayed injury free since I began seeing Scott. I highly recommend him to anyone seeking to up their game and avoid injuries, regardless of your particular sport."



MARK BAKER - CERTIFIED TRIATHLON TRAINER



As a certified USA Triathlon Trainer, I both compete in triathlons and train people to compete. I recommend Scott Zelensky at Pro-Active Health to all of my clients.

I have been going to Scott for "tune-ups" on a regular basis for years now. I firmly believe that anyone training and competing at any kind of level should just make it part of their training routine. Regular bodywork is a must. I have tested it with myself and with my clients. We always perform better when we get regular DEEP Sports Massage.

You might find a cheaper massage out there, but it won't even come close to the same quality. I have had clients try other therapists. They still had their pain and they did not perform as well in competition. Afterward, they tried Scott. Their pain was gone and their performance at competition improved. The numbers don't lie. If you want to just finish, OK. If you want to compete, JUST DO IT! Try it once and you will see the difference.

MARRISSA BARCELO



After a tibial plateau fracture and two surgeries to rebuild my knee with plates, screws, and bone grafts, I went through a year and a half of physical therapy. Two different physical therapists and my surgeon told me that I would probably never regain my full range of motion and that I had to accept that my leg would never be 100% again.

As an active, healthy person, I was not willing to accept that! I found Scott through a Google search and within a few sessions, I could already feel the difference. He was able to get me back to a full range of motion and I have been able to go on extended backpacking trips carrying 30-45 lb. packs, wake board with no knee pain and, most days, I feel stronger than before I had my accident.

Scott is a lifesaver and extremely knowledgeable about how to fix problems efficiently. He fixed (in about 8 sessions) what couldn't be fixed in a year and a half of 3x/wk physical therapy. I highly recommend his services!!!