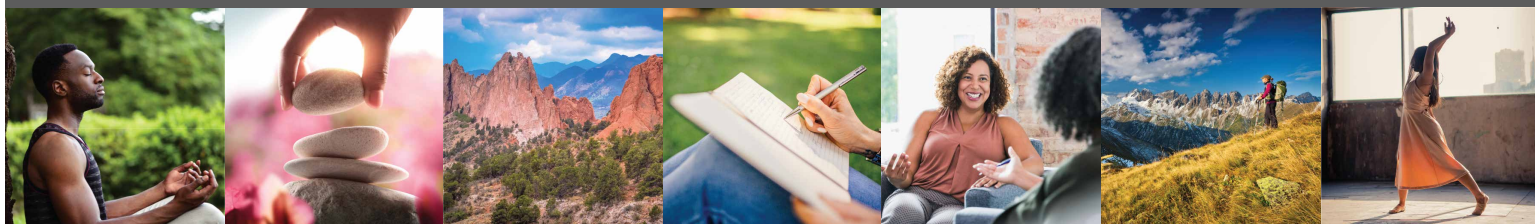


Milestones Resilience Care

4863 N. Nevada Avenue, Suite 421
Colorado Springs, CO 80918
719-255-6453



Massage Therapy

Past traumatic experiences often manifest in the body as physical tension and pain. Massage therapy can help to release this tension and reduce pain, providing a sense of physical relief. It can also help to reduce stress and promote relaxation, which is essential for someone who is dealing with the ongoing effects of trauma.



Dawn Ramsden, Licensed Massage and Bodywork Therapist

Dawn brings over 26 years of experience and a deep commitment to trauma-informed care to her work with clients at Milestones Resilience Care. With a strong foundation in both traditional and advanced therapeutic techniques, Dawn integrates a wide range of modalities to support healing from chronic pain, migraines, tinnitus, and the lingering effects of trauma.

Motivated to find healing for migraines and chronic pain when traditional specialist care didn't work, she pursued advanced studies through the Carrick Institute in Functional Neurology, including concussion management and neurological approaches to chronic pain reset, enhancing her ability to identify and address the root causes of pain. Her training includes Swedish, deep pressure, sports massage, myofascial release, orthopedic neck injury treatment, nerve impingement release, acupressure, auricular acupressure, kinesiology taping, Gua Sha, and more.

Dawn's approach blends science and compassion. She meets each client where they are, offering a safe, supportive space for the body and nervous system to reset and recover.

To learn more about massage, better understand how massage can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.