

Christopher Alvarado, Licensed Massage Therapist and specialist in Clinical and Sports Massage, focuses on helping individuals achieve their wellness, training, and competitive goals. With well over two decades of massage practice, he has worked with a multitude of Evanston Running Club coaches and members since the mid 1990's.

Christopher applies his extensive knowledge of anatomy and physiology, combined with precise assessment and clinical treatment **skills**, to assist athletes in maximizing training and recovery, overcoming injuries and pain, improving gait and form, and in heading off debilitating problems BEFORE they can curtail training or competing.

Christopher is a Past-President of the American Massage Therapy Association – Illinois Chapter, former massage therapy school Education Director and Faculty member, and is a nationally recognized continuing education provider for other massage therapists.

Contact Christopher at 847-338-2783 or chrisalvaradolmt@gmail.com

