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## **Therapeutic Massage**

An effective way to reduce chronic tension and prevent it from returning. Massage gives you the physical benefits of increased circulation and the emotional benefits of releasing tension to maintain optimal well being. The therapist's hands speed the removal of metabolic wastes, allowing more oxygen and nutrients to reach the cells and tissues.

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## **Neuromuscular Therapy**

Pain due to tendonitis, carpal tunnel and TMJ syndrome are all possible results of neuromuscular dysfunction. Such sensations as aching, soreness, and tiredness may be apparent along with limitations of muscle activity. This specific, deep tissue work breaks the pain cycle by relaxing the tissues as well as balancing an over stimulated nervous system, thus increasing the mobility of the muscle structures.

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## **Myofascial Therapy**

A gentle effective deep tissue massage which addresses postural distortions and chronic tissue strain. These imbalances often manifest in the body as soreness, stress, insomnia, and gentle fatigue.

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# **Physician Prescribed Massage Therapy For Auto Insurance Claims Accepted**

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*If you have a serious illness, or recently had surgery, please check with your physician first before starting Massage Therapy.*

*If you have recently been in an accident, it is best to wait more than three days as your body adjusts from the shock. Check with your physician before starting Massage Therapy.*

*Achy muscles from a cold or virus, massage will make it worse. Please wait until you are better.*

*TMJ dysfunction issues addressed.*

*Call for appointment today.*

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## **Orthopedic Massage**

Uses orthopedic assessment skills with various massage techniques to treat soft-tissue dysfunction. Assess the condition to understand the characteristics of the problem. Match the massage technique to the client's injury, making it individually tailored. Most importantly rehabilitation protocol.

1. Normalize the dysfunction.
2. Improve flexibility.
3. Restore movement patterns
4. Strengthen and condition.

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## **Sports Massage**

Combines classic and specific techniques designed to provide optimum performance to any athletes training levels. Sports massage can help reduce muscle soreness and chronic strain patterns, thus allowing a quicker return to maximum training potential.

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## **Pregnancy Massage**

Prenatal use of massage therapy helps support the physiological, structural and emotional well-being of both the mother and fetus. Various forms of massage may be applied throughout pregnancy as well as during labor and the post partum period. Massage can help a woman approach her due date with less anxiety and physical discomfort. Massage after first trimester.

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**Welcome to the  
Ann Arbor Therapeutic Massage Clinic.**

We were the first established professional Massage Therapy clinic in Washtenaw County. All of our therapists and have graduated from a licensed massage therapy school and are [licensed by the State of Michigan](#). They are also members of the [American Massage Therapy Association](#) or are certified by the [National Certification Board for Therapeutic Massage and Bodywork](#).

Through the years, we have evolved into a major local source for Massage Therapy in the health care field. We have a working relationship with Physicians, Nurse Practitioners, Chiropractors, Occupational and Physical Therapists.

Our clinic specializes in Massage Therapy. Clients come in for relief from the accumulation of everyday stress, fibromyalgia, muscle spasms, neck, shoulder and back pain, sports injuries, repetitive injuries, strained muscles, tension headaches and other issues brought on by an active lifestyle.

**Appointments:**

M-F 10 am-6 pm

Sat 10 am-12 pm

Sun 10 am-12 pm

**Time of Service Fees:**

1/2-hour \$35-45

3/4-hour \$50-65

1-hour \$65-80

1 1/2-hour \$100-130

Rates exclude insurance claims

**We accept Master Card & Visa**

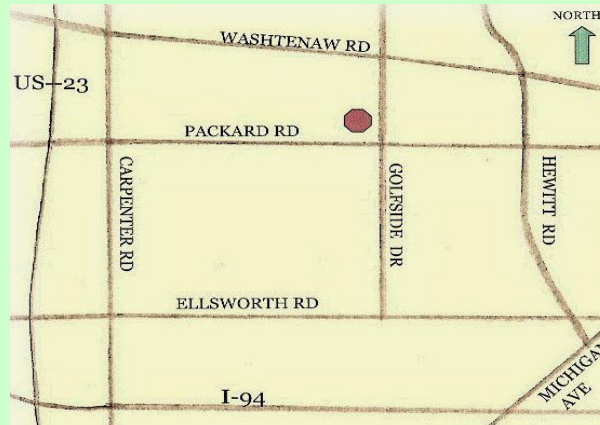
**Gift Certificates Available**

**Directions from the North**

Take US-23 to exit 37-A (Ypsilanti) turning right at the top of the ramp. Proceed on Washtenaw Ave east to the third light, Golfside and turn right. Follow south until you see the Golfside Professional Building, turn right into either driveway. We are located on the west side of Golfside, north of Packard Road. From Carpenter Road, take Packard Road east to the second light, Golfside and turn left. Turn left at first driveway at the Golfside Professional Building, parking on this side.

**Directions from the South**

From the east take I-94 to exit 181B (Michigan Ave) merges right, turn left at the first light, Hewitt Rd. Go north to Packard Rd and turn left again. Turn right at the next light, which is Golfside. Then turn left at either driveway at Golfside Professional Building. From the west take I-94 toward Ann Arbor merge onto US-23 North to exit 37A (Ypsilanti) following Washtenaw Ave east, turn south on Golfside. We are in the Golfside Professional Building.



**Since 1988**



**Golfside Professional Building  
2900 Golfside Drive, Suite 4  
Ann Arbor, Michigan 48108**

**734-961-9227**