



Massage

The New York Spine and Wellness Center Invites You to Visit Our Integrative Therapies Suite

Locations:

Massage is available at our East Syracuse and North Syracuse locations. The massage suites are relaxing, and comfortable.

Who benefits from massage?

Everyone! Massage can help release chronic muscular tension and pain, increase joint flexibility, reduce mental and physical fatigue and stress, improve posture and reduce blood pressure. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of wellbeing.

To learn more about the benefits of massage visit the American Massage Therapy Association at:

amtamassage.org

Medical Massage is outcome-based massage with the primarily application of a specific treatment targeted to the specific problem(s) the patient presents with a diagnosis and are administered after an assessment/evaluation by the medical massage therapist with specific outcomes being the basis for treatment. It involves many techniques such as deep or connective tissue, trigger point therapy, myofascial release and Swedish (also known as relaxation massage) techniques.

Who should not get a massage?

There are some reasons not to get a massage, such as: Fever and or infection, people with autoimmune disease during an exacerbation, uncontrolled high blood pressure, shingles, renal failure and recent surgery. There are many conditions that would call for avoidance of the affected area such as small open cuts and poison ivy. If you are currently receiving treatment for diseases such as cancer or congested heart failure you may need to have massage approved by your specialist. If you are not sure or have any questions please call the office prior to your massage session at 315-552-6749.

How often should I get a massage?

This is up to you. Each patient will require their own individualized treatment; we usually recommend weekly treatments.

How many minutes should I get and what are the rates?

The massage duration is up to you. We recommend 60 minutes for your initial massage.

30 minutes \$45

60 minutes \$85

90 minutes \$115

We accept cash, check or credit: payment is due prior to massage session.

We will bill your No-Fault carrier (we do not accept Progressive No-Fault)

We are not currently billing private insurance companies; you may self-submit if you have coverage for these services however, this is generally taken from your physical therapy benefit...

We do not accept NY State Workers' Compensation for massage services.

What should I wear?

Your therapist will instruct you on what clothing they would like you to remove for your treatment. You are not required to take off any clothing. You will discuss what you are comfortable with at the time of your massage.