

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.

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.

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. Best after first trimester.

Physician Prescribed Massage Therapy For Auto Insurance Accepted

If you have a serious illness, or recently had surgery, please check with your doctor first before starting massage therapy.

Recently been in an accident, it is best to wait more than three days after the accident and check with your doctor before massage.

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

Rheumatoid Arthritis must be in remission with Doctor's approval for massage therapy.

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.

Sports Massage

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

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.

Welcome to the Ann Arbor Therapeutic Massage Clinic, established in 1988. We were the first established professional massage therapy clinic in Washtenaw County. All of our therapists graduated from a state licensed massage therapy school, and are 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, sports injuries, muscle spasms, neck, shoulder and back pain, repetitive injuries, tension headaches, pregnancy, strained muscles and other issues brought on by an active lifestyle.

Appointments:

M-F 10 am-7 pm

Sat 10 am- 2 pm

Sun 10 am-2 pm

Rates:

1/2-hour \$35-40

3/4-hour \$45-55

1-hour \$60-70

1 1/2-hour \$90-110

Rates exclude insurance claims

We accept Master Card & Visa

Gift Certificates Available

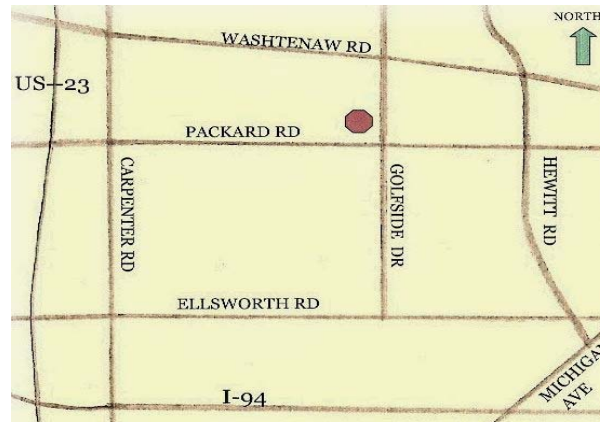
Directions

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 either driveway at the Golfside Professional Building.

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. Turn right at Golfside Professional Building.



Since 1988



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