



# Massage Therapy

While most people know that one of the benefits of massage therapy is relaxation, many do not realize that there are many physiological effects that can enhance anyone's state of health. An increasing number of research studies show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins (enhancing medical treatment). Lack of exercise and inactivity due to illness or injury can result in weak, inactive muscles. Although therapeutic massage does not increase muscle strength, it can stimulate these weakened muscles. It also can hasten and lead to a more complete recovery from exercise or injury. TheraCORE Physical Therapy is pleased to offer Massage Therapy to our patients, to aid in their recovery process.

## PRICING

### Single Session

30 Minute - \$45

45 Minute - \$65

60 Minute - \$85

90 Minute - \$110

### Package of 4

30 Minute - \$160

45 Minute - \$235

60 Minute - \$305

90 Minute - \$395

LOCKPORT  
16622 WEST 159TH STREET  
SUITE 503  
815.838.5070

BURR RIDGE  
6901 S. MADISON STREET  
630.590.5409

WESTMONT  
350 EAST OGDEN AVENUE  
SUITE 200  
630.908.7430

EASY SCHEDULING AVAILABLE AT: [WWW.THERACOREPT.COM](http://WWW.THERACOREPT.COM)