

## Massage Therapy

Written by Administrator

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### **Massage Therapy Services are provided by Gyda Harris, LMP**

Massage Therapy can help to ease pain caused by chronic muscle tension. It can also increase circulation, promote relaxation, and may speed the healing of certain types of injuries. Our massage therapists incorporate a variety of massage techniques ranging from gentle Swedish massage to Deep Tissue/Sports massage and myofascial release. While some insurance benefits cover massage therapy, it is your responsibility to know your benefits and get a referral or prescription if one is required in order to bill insurance.