

## Try Massage Today!

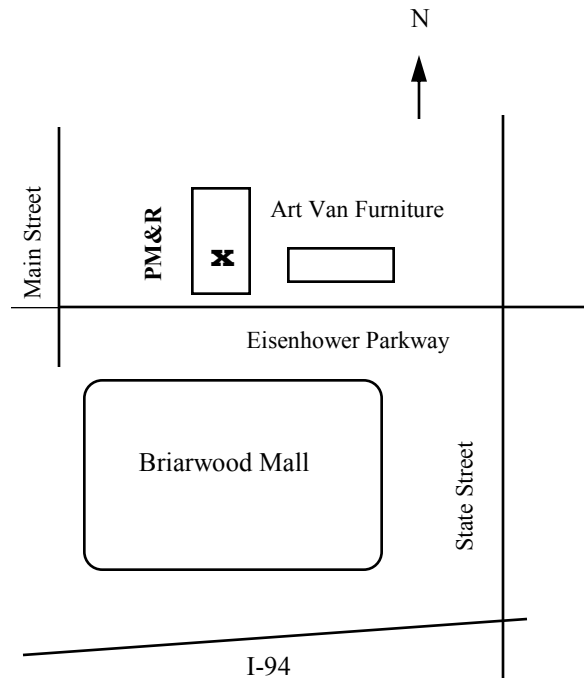
Optimize your physical and mental health with massage therapy.

Along with a regular exercise



program and proper nutrition, massage can be very beneficial in optimizing your physical and emotional well-being.

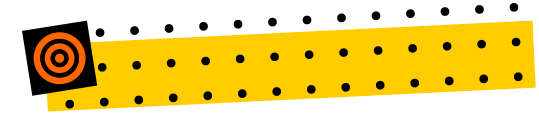
## Map



Department of Physical Medicine and Rehabilitation  
325 East Eisenhower  
2nd Floor  
Ann Arbor, MI 48108  
[www.med.umich.edu/pmr/spine](http://www.med.umich.edu/pmr/spine)

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# Massage Therapy

Department of Physical  
Medicine and Rehabilitation



University of Michigan  
Health System

## Massage therapy can help you....

Massage therapy has long been recognized as a complementary approach to treating pain, muscle tightness and fatigue.

It can help in many ways including:

- **Improved circulation.** Massage improves blood flow, which aids in the recovery of muscle soreness and overall tissue function.
- **Muscle relaxation and joint range of motion.** Massage can help release & lengthen muscle tissue which can improve range of motion and improve sleep.
- **Increased endorphin production** Endorphins are chemicals (neurotransmitters) the body produces that can increase your energy level and make you feel good. They are very effective in the management of chronic pain.

### Hours:

Monday (Leah) 10am - 7 pm  
Tuesday (Karen) 11am - 6pm  
Wed. (Leah) 10am - 5:30pm  
Thursday (Leah) 10am - 5:30pm

### Our Therapists:

#### Karen Kleiner, NCTMB

Specializes in Neuromuscular, craniosacral, Myofascial techniques, triggerpoint release, lymph drainage and Swedish massage.

#### Leah Loftus, NCTMB

Specializes in lymphatic drainage, neuromuscular & trigger point therapy. Leah has experience with professional athletes to individuals needing myofascial release and help managing physical stress.

### Location:

We are located at 325 East Eisenhower, directly west of Art Van Furniture across from the Briarwood Mall in Ann Arbor. (map on back)



## Fees

30 min. \$40

60 min. \$65

90 min. \$90

- Fees are charged at the time of your appointment. A credit card number is required to reserve your appointment.
- We do not bill insurance for massage therapy. However, you can request a receipt if you plan on pursuing reimbursement.
- Cancellations less than 24 hours in advance or "no-shows" (unless an emergency or sudden illness) result in the following charges:
  - 60 min appt: \$35
  - 30 min. appt: \$20
- Gift Certificates also available!!
- Exact cash, check, MC, Visa or Discover accepted

**Call 734-763-6464 to  
schedule an appointment**