

Menu of Services

Hydrotherapy (Hot Packs)

\$15

or water therapy, is the use of water (hot, cold, steam, or ice) to relieve discomfort and promote physical well-being.

Infrared (Sauna)

\$20

For 20 minutes, this helps to improve circulation, promote weight loss, pain relief, relaxation and detoxification. It has (electromagnetic radiation) having a wavelength just greater than that of the red end of the visible light spectrum but less than that of microwaves. Infrared radiation has a wavelength from about 800 nm to 1 mm. and is emitted particularly by heated objects.

Electrical Stimulation (Wi-touch)

\$15

Electrical muscle stimulation (EMS) is the elicitation of muscle contraction using **electric** impulses. The impulses are generated by a device and are delivered through electrodes on the skin near to the muscles being stimulated. Electric stimulation therapy is a therapeutic treatment that applies electrical stimulation in treating muscle spasms and pain. It can help prevent atrophy and build strength in patients with injuries. It is also helpful in keeping muscles active especially after any type spinal cord injury or strokes.

Ultrasound (Infratonic or Chi-gong)

\$15

Sound or other vibrations having an ultrasonic frequency. Our bodies are pretty incredible. Sometimes they just need a little help to be at their best. When your body is damaged, cells get jolted and trapped in a pattern of frenzy that derails their focus on healing.

The Sonic waves and vibrations of the Infratonic 9 penetrate down to the cellular level to dissolve trauma and reset cells to their natural pattern, enabling them the calm inflammation, relieve pain and accelerate recovery.

Traction (Cervical and Intersegmental)

\$15

If you have neck pain or pain in your arm coming from your neck, it can be used to help decrease compressive forces in the neck, which can help take pressure off the discs that reside between the vertebrae (spinal bones) in the neck. It can also open the spaces where nerves exit the spinal canal, which can help relieve pressure off a compressed nerve. Traction can also help stretch the muscles and joint structures around the neck.

Massage (Chair or Table)

\$15

Depending on availability you will receive 15 minutes massage to focus on areas of your choosing for chronic or acute pain and tension.

Or... Pick 3 for \$45.00

No insurance billing accepted