

TheraCORE

Physical Therapy 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.

Kerri Ames, Licensed Massage Therapist (LMT)

Kerri has worked in a clinical physical therapy setting since 2002. It was during this time that Kerri attended National University of Health Science where she graduated with a *Massage Therapist Certification* in 2003. Kerri is Nationally Board Certified and Licensed in the state of Illinois. Kerri has worked for the past five years on clients, using Swedish, deep tissue and trigger point release techniques.

Therapeutic Massage Services Offered

- 30 Minute \$40.00
- 60 Minute \$75.00
- 90 Minute \$95.00

Package Rates

- 6~30Minute Sessions \$230.00
- 6~60 Minute Sessions \$420.00

**Call to Schedule your appointment
NOW!!**



Please contact us at (815)838-5070 for more information.
You can find out more about TheraCORE, Inc. and our employees by visiting www.theracorept.com