



Decatur County Memorial Hospital's mission statement includes providing quality care to the entire community.

As part of that mission, we are very pleased to be able to offer Therapeutic Massage to all members of the community.

Therapeutic Massage is another service that complements the medical services already in place, expanding the focus from *illness* to the *preservation* of health and well-being.

To receive Massage Therapy, you do not need a Physician's prescription or referral.

Simply call our phone number listed below and we would be happy to setup an appointment for you. You can also ask for our Massage Therapy Specialist, Wendy Stier.

Physical, Occupational and
Massage Therapy

Office:

812.663.1119

Fax:

812.663.1324

www.dcmh.net



Decatur County
Memorial Hospital

The Quality Care You Want. Close By.



Massage Therapy

pricing and hours

scheduling

specific conditions

general information





Why use therapeutic massage?

- Back and neck pain
- Muscular strains
- Whiplash injuries
- Headaches
- Carpal Tunnel Syndrome
- Pregnancy related aches
- Advancing age related aches and pains

Before you assume that your discomfort is unavoidable, give Therapeutic Massage a try and see the difference it can make in your life or the lives of your family members and friends! Therapeutic Massage has been scientifically proven to provide benefits to a wide variety of conditions and complaints such as the problems listed above.

Being at the *TOP* of your game

Massage can assist with minimizing the risk of injury and pain from aggressive training by improving flexibility, speeding recovery from over-use of specific muscle group or strenuous physical activities, and relaxing tight, tired, and sore muscles. The benefit from your time invested in your physical regime will see a boost, and your enjoyment of your training may increase as well.

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Supporting:
Fitness/Sports Programs:

{hours}

Flexible weekday and evening appointments are available, allowing busy employees, parents, athletes and others to avoid adding more stress into an already packed day.

Appropriate draping is provided for your privacy and comfort during your massage.

To schedule an appointment, simply call 663-1119.



{cost}

60 minute table massage.....\$50

30 minunte table massage.....\$30

15 minute chair massage.....\$15

Supporting:
General Health

Your general health will benefit from massage by improving blood and lymph circulation, relaxation of muscles, improvement in mobility, and enhancement in the immune system. Thru promoting energy flow, and maintaining well-nourished and healthy skin, you not only feel better, you also look like a more vibrant and healthy individual.

Decreasing Pain & Problem Conditions:

Therapeutic massage has been shown to help relieve general muscular tension, tension headaches, alleviate muscular back aches and pains, and sooth stress and anxiety caused by hectic daily routines. This can help you live a more enjoyable and comfortable lifestyle.