



*Massage Therapy*  
*At Stucky Chiropractic Center*

Massage is one of the oldest and simplest forms of medical care used to ease pain and anxiety. Massage offers profound health benefits. This is because massage affects the nervous system through nerve endings in the skin, stimulating the release of endorphins, the body's natural 'feel good' chemicals.

Endorphins help induce relaxation and a sense of well-being, relieve pain and reduce levels of stress chemicals such as cortisol and noradrenaline.

Therapeutic massage will treat soft tissues, such as muscles and tendons, and when scheduled with your chiropractic adjustment will work to provide you a complete and effective system of health care.



*Therapeutic Massage*

Customized to meet your specific needs. Massage techniques include, Swedish, Deep Tissue, Trigger Point Therapy, Neuromuscular Therapy, Myofascial Release, and Scar Tissue Therapy.

30 minutes	\$40
60 minutes	\$65
90 minutes	\$95

*Prenatal Massage*

A gentle massage specifically designed to help relieve discomfort and promote relaxation during the last two trimesters of pregnancy. You will be comfortably positioned and supported throughout the massage.

30 minutes	\$40
60 minutes	\$65
90 minutes	\$95

*Add Cupping*

Cupping is a fantastic addition to any massage. It eases the tightness of the connective tissues while increasing blood flow to tense / scarred areas. A gliding technique is used to aid in releasing tissues over the spinal column.

\$5

*Lymphatic Drainage Massage*

A light technique that is used to increase lymph flow, which aids in the removal of toxins from the tissues. Excellent for reducing chronic and acute edema, pre/post surgery, post antibiotics, and flushing the body during weight loss.

75 minutes	\$75
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*Hot Stone Massage*

Experience a blending of modern massage and an ancient tradition of using heated stones on the body. The warm stones heat the muscles and stimulate circulation as the therapist gently applies pressure and moves the stones over the body.

60 minutes	\$75
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*Thai Massage*

A combination of yoga movement and stretching. The therapist will guide your body movement and most experience increased flexibility, range of motion, and stress reduction. Wear loose fitting clothes.

75 minutes	\$85
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*Relief* **Relax**  
*motion* **heal**  
**Renew**  
*energy* **release**

# Massage Therapy

*at Stucky Chiropractic Center*

## *Massage Therapy Mission*

Your Health Is Our Mission. We are a full-service wellness clinic. We offer massage therapy because it works hand-in-hand with chiropractic care to relieve stress, subluxations, and chronic pain through neuromuscular and massage therapy. Your massage will be customized to your needs. Call (715) 835-9514 to schedule today!



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[www.StuckyChiropractic.com](http://www.StuckyChiropractic.com)