



# CAPTA NEWS

Volume 4, Issue 2

February 2009

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*There's a difference you can feel.*

[www.capitolphysicaltherapy.net](http://www.capitolphysicaltherapy.net)

## Therapeutic Massage

Massage Therapy is a gentle and relaxing way to lower stress, muscle tension, and help you move towards the goal of total body wellness. Feelings of anxiety can be reduced as the brain is stimulated to produce endorphins such as serotonin, a “feel good” hormone.



In addition, therapeutic massage can help to lower blood pressure and increase white blood cells, which helps the immune system to fight viruses.

**Ashley Burger, MT** has been employed at Capitol Physical Therapy for 5 years, providing therapeutic massage for 4 years. She graduated as a Massage Therapist from Lansing Community College in 2005.

A variety of techniques, including clinical, deep tissue, and Swedish massage are available. In addition, selective Polarity, Shiatsu, and Reflexology techniques can be incorporated. Ashley has experience focusing on migraine headaches, and neck tension and has helped many patients find relief.

Massage therapy is offered at our East Lansing clinic located on Lake Lansing Road. Massage rates are \$25 for a half an hour session and \$50 for one hour.

Please call (517) 333-8533 to make an appointment.

