



Massage

The New York Spine and Wellness Center invites you to visit the corresponding therapies suite.

Location:

This service is available at both our office locations. The massage suite is quiet, warm and comfortable. Soft music, flowing water and peaceful energy will help relax the mind and body.

Who benefits from massage?

Everyone, massage can help release chronic muscular tension and pain, increase joint flexibility reduce mental and physical fatigue and stress, improve posture and reduce blood pressure. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well being.

Who should not get a massage?

There are some reasons not to get a massage, such as: Fever and or infection, people with autoimmune disease during an exacerbation, uncontrolled high blood pressure and recent surgery. There are also many conditions that would call for avoidance of the effected area such as shingles, small open cuts and poison ivy. If you are currently receiving treatment for diseases such as cancer or congested heart failure you may need to have massage approved by your specialist. If you are not sure or have any questions please call the office prior to your massage session at 315-552-6700.

How often should I get a massage?

We recommend 2 times a week for a severely contracted area (short session time).
Once a week or every other week for moderate contraction and
Once a month maintenance massage
Each patient will require their own individualized treatment plan.

How long should I get a massage for?

We offer the following session times:

30 minutes, one to two areas may be worked on (example upper and lower back)

60 minutes, a full body with little specific work

90 minutes, full body relaxation massage with attention to problem areas.

Fee schedule:

30 minutes \$35

60 minutes \$65

90 minutes \$100

We accept cash or credit, payment is due prior to massage session

We are not currently billing private insurance companies but you may self submit
Worker's compensation are accepted

