

## *What length of massage is best for you*

**30-45 Minute:** This length is best for only one part of the body that is needing attention

**60 Minute:** This length is ideal for Therapeutic Massage on 2 areas needing attention or a full body relaxation massage

**75 Minute:** This length of massage is my favorite for a full body but with extra concentration on 2 to 3 areas that may need extra attention

**90 Minute:** This is also a great length of massage to have the whole body worked on with extra concentration on 3 to 4 areas, or more areas if needed



Each Massage is altered to fit your needs. A variety of options will be available including Deep Tissue, Neuromuscular, Sports, Orthopaedic and Swedish techniques.

### **Prices**

30 Minute: \$30.00

45 Minute: \$45.00

60 Minute: \$60.00

75 Minute: \$75.00

90 Minute: \$90.00

### **Package Deals**

{4} 60 Minute Massages: \$220.00

{6} 60 Minute Massages: \$330.00

{4} 75 Minute Massages: \$280.00

{6} 75 Minute Massages: \$420.00

*Call or visit our website to schedule your appointment today!*

[www.newwestpt.com/massage-therapy](http://www.newwestpt.com/massage-therapy)

New West Orthopaedic & Sports  
Rehabilitation

Phone: (308) 237-7388

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New West Physical and  
Occupational Therapy



## *Massage Therapy Services*

*Jacy Cramer, LMT*

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



*Jacy Cramer, LMT*

Jacy graduated from Omaha School of Massage therapy with 1000 hours of training in 1997. She has learned many different modalities in Massage, but, specializes in Sports Massage, Neuromuscular Massage and Orthopaedic Massage. Jacy's main goal is to help heal the body of pain.

*relax.*

## Benefits

- Increases Circulation
- Reduces Muscular Tension
- Relieves Muscle Fatigue
- Relieves Pain
- Reduces Swelling
- Aids in recovery from injuries
- Improves Muscular Performance
- Restores Normal function of muscles & joints

## Conditions treated, but are not limited to:

- Arthritis
- Fibromyalgia
- Plantar Fasciitis
- TMJ
- Headaches
- Rotator Cuff
- Tennis Elbow
- Carpal Tunnel Syndrome
- Shin Splints
- Whiplash

## Massage Techniques

**Deep Tissue Massage:** Is best for giving attention to certain painful and stiff trouble spots in your body. This technique uses slow strokes that focus pressure on layers of muscle, tendons, and other tissues deep under the skin. Deep tissue is very therapeutic relieving chronic patterns of tension and helping muscle injuries.

**Neuromuscular Massage:** Soft tissue manipulation that aims to treat underlying causes of chronic pain involving muscular and nervous systems. Medically oriented massage addresses trigger points, circulation, nerve compression, postural issues and biomechanical problems that can be caused by repetitive movement injuries.

**Sports Massage/Orthopaedic Massage:** These types are similar using a variety of techniques and also include active isolated stretching to improve performance, and help heal chronic pain and injuries.

**Swedish Massage:** Best for relaxation by using long flowing strokes.