

## Massage Therapy at HSS

**Massage Therapy** is available through the Hospital for Special Surgery (HSS) Rehabilitation Department.

The massage therapists at HSS are highly trained specialists working in an interdisciplinary medical environment providing our clients the most current medical massage techniques. Because of the diverse client population at HSS, our therapists are experienced with treating chronic pain, pre- and post-replacement surgery, sports injuries, arthritis, traumatic injuries, as well as enhancing sport performance.

Working within the HSS Rehabilitation Department, our massage therapists are in direct contact with your doctor and physical therapist, insuring you the best care possible.

## Benefits of Massage Therapy

Clinical research has shown that massage therapy can be effective in:

- relieving tension, stress and anxiety
- reducing muscle soreness
- easing pain
- reducing fatigue
- boosting immune system function

In addition, massage therapy can be beneficial in treating certain symptoms in people living with low back pain, arthritis, and cancer. Massage therapy has been shown to alleviate depressive symptoms, enhance attentiveness, and improve circulation.

Your massage therapist will be able to assist in discerning which massage techniques would best serve your immediate needs.

## Location, Hours and Appointments

Massage Therapy is now offered at two locations.

For more information and to schedule an appointment, contact:

### **Integrative Care Center**

affiliated with Hospital for Special Surgery  
635 Madison Avenue (at 59<sup>th</sup> St), 5<sup>th</sup> fl  
New York, NY 10022  
212.224.7900

### **Sports Rehabilitation and Performance Center**

Belaire Building, Ground Floor  
525 East 71<sup>st</sup> Street  
New York, NY 10021  
212.606.1005

## Rates

½ hour	\$70.00
1 hour	\$120.00

## Method of Payment

Credit card or check only

*At this time insurance is not accepted for massage therapy*

## HSS Rehabilitation Department Contact Numbers

### HSS Campus

535 East 70<sup>th</sup> Street  
New York, NY 10021

**Hand Therapy**  
212.606.1660

**Inpatient Rehabilitation**  
212.606.1221

**Joint Mobility Center**  
212.606.1213

**The Leon Root, M.D. Motion  
Analysis Laboratory**  
212.606.1215

**Pediatric Rehabilitation**  
212.606.1137

**Sports Rehabilitation and  
Performance Center**  
212.606.1005

**Rehabilitation Network**  
212.606.1317

**HSS Rehabilitation Website**  
[www.hss.edu](http://www.hss.edu)

### Off-site Location

**Integrative Care Center**  
635 Madison Avenue (at 59<sup>th</sup> Street)  
5<sup>th</sup> Floor  
New York, NY 10022  
212.224.7900

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**



*Massage  
Therapy*

