**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 59th St), 5th fl
New York, NY 10022
212.224.7900

**Sports Rehabilitation and Performance Center**
Belaire Building, Ground Floor
525 East 71st Street
New York, NY 10021
212.606.1005

**Rates**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>½ hour</td>
<td>$70.00</td>
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<tr>
<td>1 hour</td>
<td>$120.00</td>
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**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 70th 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

Off-site Location

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