

MassageTreatment	ICD-10_Code	ModalityAdc	Price	Description	paylink_reg ularPrice	QR_Code_regularPrice	Image1	Image2
hot stone	ICD-10 code is for constant attendance modality for 97039 unlisted modality with constant attendance 1 unit			This massage uses hot stones that are not too hot for the massage therapist or the client, that are applied to the muscles of the back and limbs to increase circulation, relax the client, allow more deeper muscle work without pain to client, and relax the autonomic nervous system of client and can be combined with other massage modalities like cold stone therapy, aromatherapy, cupping therapy, stretching, massage hyperpercussion therapy, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage. Cost: \$20 Benefits: relax client, reduce stress, calming, increase healing, improve circulation, break adhesions, improve range of motion, improve sleep Contraindications: dehydration, fever, rashes, infection, endocrine disease, metabolic disease, some mental disorders, nausea, epilepsy, pregnant, aneurism history, cancer, heat sensitive, sensitivity to heat, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, blood clots, blood embolisms, thrombosis Possible negative side effects: can burn if stones are too hot for the client, precautions are taken to prevent this from happening like transferring heat gradually with massage therapists hands to skin repeatedly until stones cooled then placing on client's skin with massage lotion or oil. Not for those sensitive to temperature changes like those with hyperthyroidism or other endocrine disorders, open wounds and lesions, cancer, uncontrolled metabolic disorders like diabetes, and acute conditions where	https://59994807-498d-4c28-bdd0-e65e7beeedf4.paylinks.godaddy.com/d8f50e9e-474c-4ccb-982f-845	 Scan to Pay		
PNF PIR-RI AROM RROM PROM	ICD-10 code for this is 1 units of 97110 rehab/ROM, or 97139 unlisted/specific if MRT or TrP or XFT used.	Add-On	\$ 20.00	Proprioceptive neuromuscular facilitation allows your body to get more relief from tight and limiting muscles that need to have more function and range of motion. Add this to a Swedish, deep tissue, or sports massage before the massage to increase healing outcomes. Can last 20-30 minutes for various regions of body like to get more movement in the hamstrings, quads, calves, lower back, upper back, forearm flexors and extensors, shoulders, feet, trunk and hip flexors, etc. Passive range of motion (PROM) is used to assess flexibility and range of muscle movement, then isometric contraction to inhibit the agonist muscle, followed by resisted range of motion (RROM) of the antagonist muscle to inhibit the antagonist muscle to main muscle group. Will see immediate results in most cases. Each muscle should be done bilaterally to compare and balance out the body and can be done in 3 sets that last about a minute each. Can relieve soft tissue muscle and tendon compression on peripheral nerves and restore posture to normal and relieve pain due to nerve compression from tight, shortened, or hypercontractile muscles to balance out the forces around the joint shared. Works on the natural reflex arc of inhibition at the spinal nerve root level. Contraindicated to those who don't want to be actively involved in their massage and body work session, those unable to hear to communicate as this is an active range of motion service that requires the ability to hear and understand when to contract, for how long, when to stop, and when to resist motion to benefit from this treatment. Not for recent injuries that have yet to heal and are still showing the cardinal signs of inflammation or having open wounds or bruising in the muscle agonist being facilitated with AROM and RROM for muscle antagonist.	https://59994807-498d-4c28-bdd0-e65e7beeedf4.paylinks.godaddy.com/e34880ca-54da-486e-8330-ebb	 Scan to Pay		
		Add-On	\$ 20.00					

MRT Myofascial Release
Technique PROM

ICD-10 code for this is 1
units of 97110
rehab/ROM, or 97139
unlisted/specific if MRT or
TrP or XFT used.

Myofascial Release Technique is a great muscle energy modality to add to you Swedish, Deep Tissue, Sports, or prenatal massage to help relieve adhesion lesion knots that can be in the musculotendinous areas of aches and pains. It uses a pin and scoop method of identifying the knot, pinning it down, and scooping in 3-5 sets of 5 pin and scoops. This method is useful in breaking down poorly healed chronic scar tissue that has knotted up and limits range of motion and causes compression on peripheral nerves. It works to break apart the old muscle fiber scar tissue and help regenerate the body's natural ability to heal by recreating the cardinal signs of inflammation to allow nutrients into the body and waste products out of the body where MRT is used. Can take about 5-10 minutes per region or knot. Can be painful, cause redness, cause heat to area, some mild low grade swelling, and depending on amount of aches after MRT can cause limited loss of function but not debilitating loss of function. The pin and scoop of the adhesion is done along the direction of muscle fiber from insertion to origin towards the heart and along muscle fibers to allow reconstruction of new fibrocartilage fibers to align correctly along the muscle to bring better range of motion and no to less nerve compression. The muscle can be in shortened, lengthened, passive range of motion (PROM), or active range of motion (AROM) to correctly heal the knotted up fibrous tissue into the correct and natural direction to prevent adjacent tissue weakness and further injuries. Contraindicated in those with dehydration, pregnancy, dry skin, health condition that is not controlled, hypertension, hypotension, cancer, and liver and other endocrine disorders, metabolic disorders with lowered healing ability at the cellular level, over trauma areas of bruising and open wounds, and low immune or immunodeficiency disorders.

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TrP Trigger Point Therapy

ICD-10 code for this is 1
units of 97110
rehab/ROM, or 97139
unlisted/specific if MRT or
TrP or XFT used.

Add-On \$ 20.00

Trigger point therapy is a great addition to your Swedish, Deep Tissue, Sports, or prenatal massage to help with adhesion lesion knots that radiate to other areas of the body in provoked pain when stressed. These adhesion lesion knots are formed from continuous and repetitive loads being placed on the muscles and myofascial in single to multiple layers of overlying muscle that accumulate and flare up when a person is stressed as they cause pro-inflammatory factors to irritate local nerves and compress peripheral nerves in most instances. A constant pressure is applied by thumbs, elbows, or other tool to decompress the knot and allow inflammatory factors to escape while inhibiting deeper nerve fibers from crossing with adjacent ones that radiate pain to a broad area of the body that can be dull and achey pain. The constant pressure is held on as many trigger points as possible for 2-10 minutes. There should be relief in 2 minutes, and if no relief in more than 2 minutes, discontinued therapeutic treatment of trigger point. Some folk have many knots that radiate pain throughout their body and can be compressed each similarly to how acupressure is done. Breathing is normal while the body adjusts to the changes in pressure and depth of knotted fibers to correct itself and release endorphins and enkepalins to block pain receptor sites and bring relief from pain in each area. Contraindicated in those with dehydration, pregnancy, dry skin, health condition that is not controlled, hypertension, hypotension, cancer, and liver and other endocrine disorders, metabolic disorders with lowered healing ability at the cellular level, over trauma areas of bruising and open wounds, and low immune or immunodeficiency disorders.

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Add-On \$ 20.00

XFT Cross Fiber Friction

ICD-10 code for this is 1 units of 97110 rehab/ROM, or 97139 unlisted/specific if MRT or TrP or XFT used.

Myofascial Release Therapy (MRT) is used to find adhesion lesions that occur in the muscle belly or the fascial surrounding the muscle bellies of multiple muscles in an area where many adhesion lesions form from repetitive use injuries, previous injuries, or other injury to remodel the scar tissue by breaking it down and reforming the scar tissue to align with the muscle fiber direction to give more range of motion, better circulation, and relief of the 'knot' or adhesion lesion that aches due to scar tissue in the muscle belly from injury. There are a series of five grades that are used but nobody uses grade 5, so it involves 4 grades of short belly length of 5 pin and stretch on each muscle adhesion, or long length of muscle belly in stretched position with 5 pin and stretch on muscle adhesion, and then the other 2 grades involve a passive and active movement from short to long each with 5 pin and stretch techniques on each muscle adhesion. This is to be done before light stretching and exercise to activate the break down of the scar tissue and use the body's own inflammatory response to rebuild the fibers along the direction of the muscle belly towards the heart. Not to be done on each muscle adhesion lesion within 48 hours. Can be done up to 10 sessions and in combination with stretching or any modality of massage, but can be painful and is targeting the deeper muscle fibers, not the tendons or ligaments, for that would need cross fiber friction massage therapy (XFT). Cross fiber friction is a tendonous massage that can use hands, fingers, or other massage tools like guasha scraping to apply a cross direction to muscle fiber natural alignment to remove tendinous adhesion lesion knots and allow more communication of the muscle with the tendon GTO that tells the muscle to stop contracting to prevent muscle tear or tendon rupture. The direction of the cross fiber friction is against the grain, on insertion or origin wherever a knot is located in the tendons of muscles that can span much further than the actual bony attachment site.

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Deep Tissue Add-on to Swedish or Sports massage

97139 unlisted/specific if MRT or TrP or XFT used.

Add-On \$ 20.00

More than the medium firm pressure that can squash an orange, but enough pressure to squash or break apart a spaghetti squash during massage session, to deep muscle layers of body only, uses forearm and elbows, some thumbs and knuckles in less dense areas of body. This is due to wear and tear on masseuse's joints and body, the extra cost. This is added to the hour Swedish or Sports massage.

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TrP deactivation tool, Trigger Point deactivation tool

ICD-10 code for this is 1 units of 97110 rehab/ROM, or 97139 unlisted/specific if MRT or TrP or XFT used.

Add-on \$ 20.00







The trigger point deactivation tool is a great tool to use on the palpated trigger points that cause flare ups of pain when stressed due to knotted adhesion lesion scar tissue that communicates poorly with adjacent nerve fibers for old injuries and can cause peripheral nerve compression. The tool is used to deliver deep pin-point pressure in a percussion way in 6-7 manual jolts to the trigger point to loosen the scar tissue fibers and allow regeneration of new fibrous tissue to be reconstructed over the trigger point knot to bring pain relief and inhibit the peripheral pain patterns local to the knot and trigger point. Can be done in sets of 3 and repalpated for pain, never over the bony portions and pressure can be adjusted in 6 levels of pressure depending on where the trigger point is located in the body, such as the neck, arm, foot, hand, forearms, leg, shoulders, glutes, lower back, mid back, and upper back. Add this to any sports massage, deep tissue massage, or swedish massage to enhance healing outcomes. Not recommended for those with bruising or blood clotting disorders that healing from tissue changes is complicated, weakened immune systems, cancer, broken or fractured bones, weak bones, osteoporosis, osteopenia, and other health conditions that are unregulated and need a doctor's approval for, such as immunodeficiencies, organ failure, cancer, metabolic and endocrine disorders, and others that fit description of lowered immune system, and those who are sensitive and triggered by loud sounds.

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cupping	<p>The ICD-10 code is under unlisted modality of constant attendance modality 97039, or under therapeutic skills to improve function to circulatory and MSK 97139.</p>	<p>Cupping is a great way to increase circulation and healing to areas of dense and tight muscles with many layers of fibrous scar tissue that needs to be broken down and cannot do it without getting proper blood flow. The cups used are silicone cups that are held for 2-5 minutes per spot and up to 10 minutes in more dense areas of body. Proper hydration is necessary before and during massage in a cupping session to pull up blood from deep to spine and through all muscle layers or deep to the musculature by the long bones of body. This can be added to any Swedish, Sports, or deep tissue massage. Contraindicated in those with dehydration, pregnancy, dry skin, health condition that is not controlled, hypertension, hypotension, cancer, and liver and other endocrine disorders, metabolic disorders with lowered healing ability at the cellular level, over trauma areas of bruising and open wounds, and low immune or immunodeficiency disorders. . Silicone cups instead of fire and glass cups are used in this added service. Silicone cups are placed on the areas of the deep muscles and body meridians creating a suction that pulls toxins out of the deeper layers of muscle helping to break apart fascial restrictions and relieve pain, cups are held for up to 5 minutes, sometimes cups held up to 20 minutes, pulls out old blood, improves circulation, helps diminish appearance of cellulite by smoothing out adipose pockets, can be used for myofascial therapy and lymph drainage at the mid to superficial muscle dense layers, improves healing, helps detox, can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, stretching, massage hyperpercussion therapy, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage.</p>	<p>https://59994807-498d-4c28-bdd0-e65e7beeedf4.paylinks.godaddy.com/77236c33-8d33-4167-acec-a16</p>	 Scan to Pay			
KT taping Kinesio tape	<p>ICD-10 code for this is 1 units of 97110 rehab/ROM, or 97139 unlisted/specific if MRT or TrP or XFT used.</p>	<p>KT tape or kinesiology tape is a great way to protect your tendons and ligaments of joint affected after a low grade injury like a muscular strain or ligamentous sprain such as in a rolled ankle or supraspinatus tendinitis as examples. It helps by aiding in tensile support of the motion that is limited by the injury to the tendon or ligament by safely being applied directly over the attachments overlying a muscle and acting as a support or brace to help when needing to use the arm or protecting it from further injury. The low grade injuries can be from repetitive motion that has left the joint temporarily in pain and immobile or unable to move completely without pain. KT tape can also be used to wrap a region of peripheral edema to pull fluid out the joint in chronic swelling and allow pain relief from lessening inflammation if inflammation was the source of pain. KT tape can be used for the belly as a supportive brace when the belly drops in pregnancy closer to delivery date or for low back support. The skin is left dry and the edges of the tape are left about an inch of non-stretch to apply without causing skin abrasions, then the tape is stretched to activate the spring recoil that gives tensile support over the muscle and attached with an inch of non-stretch to other attachment site. This can be added to Swedish, deep tissue, sports massage, or any physiotherapy or stretch massage sessions to help with relief and aid in healing and preventing further damage. Can last a few days to week if applied on clean, dry skin and secured with light friction to the tape once applied. Can washed over and not meant to be worn for longer than 2 weeks even if replaced so that the body can heal fully and not adapt to needing less strength. Not indicated for those with skin allergies or hypersensitivities to products, weak immune systems, weakened skin from blood thinners or treatment for cancer like chemotherapy or radiation therapy, not meant to cover wounds that are open, or to cut off circulation.</p>	<p>https://59994807-498d-4c28-bdd0-e65e7beeedf4.paylinks.godaddy.com/73ee78b1-cabd-4a37-a537-f7f</p>	 Scan to Pay			

Dry Brushing	ICD-10 code for this is 97039 1 unit of constant attendance modality unlisted/specific, or 97139 for unlisted/specific therapeutic skills to improve function.		Add-On	\$ 20.00	Dry brushing is a great add-on to stimulate lymphatic function to clear out peripheral edema and stimulate healing by activating the light touch receptors in skin at the Paccini nerve sensors to detect light touch that will stimulate white blood cell and antibody formation to clear up proteins in the body by finding them, breaking them apart into smaller particles to absorb and push into the lymphatic system to be emptied out and flush out excess accompanying fluid from interstitial tissues in the process clearing up peripheral edema. It can also be used as an exfoliator after a sun burn has left peeling skin and is no longer red and painful. This service can be added to a Swedish, lymphatic drainage, reflexology, or craniosacral massage for added relaxation and detoxification of toxins from the body. Not designed for those with eczema that is a skin allergy to environment or for psoriasis that is an autoimmune condition that develops excess skin cells overlaying each other that are usually indicated by raised silvery white patches that don't itch but could be irritated by the dry brush fibers brushing them. The eczema is a local infection of skin and the dry brush could spread the infection to adjacent skin cells and cause pruritis or itching that is an irritant. Those with lowered immune systems, or other health conditions with weakened skin and hyper sensitivities to sensory stimuli in chronic pain patterns that involve crossed nerve signals called allodynia aren't recommended to have this service either. A clean brush can be bought by each client who uses this service in the price. The brush is not reused on every client.	https://59994807-498d-4c28-bdd0-e65e7beedf4.paylinks.godaddy.com/ed202802-2897-43bc-92b0-5a4		Scan to Pay	
Guasha IASTM scraping	ICD-10 code for scraping is under 97139 unlisted/specific therapeutic skills to improve function, or 97140 for mobilization under therapeutic skills to improve function.		Add-On	\$ 20.00	Guasha or instrument assisted soft tissue mobilization (IASTM) is used for scraping or for lymphatic stimulation. It can be added to any of the massage services but not recommended for prenatal or oncology massage. Best for sports and physiotherapy massage and bodywork sessions. In scraping, the technique is superficial along the tendon and muscle but not deeply over the bony attachment sites and over the muscle myofascial to break apart adhesion lesions and stimulate circulatory effects to bring up blood supply from tight and dense fibrous tissue that is blocking sufficient blood supply to heal the muscle tissue naturally on its own. This can be used for post-rehab injuries of the tendons and muscle low grade or higher grade strains that have healed by have scar tissue, or just overall tight musculoskeletal tissue that needs more circulation to feel pressure. The movement is fast and light with a beveled smooth edge tool of metal for IASTM scraping to mobilize the joint gently or for lymphatic drainage to remove excess interstitial fluid with specially designed guasha stone tools. Contraindicated in those with dehydration, pregnancy, dry skin, health condition that is not controlled, hypertension, hypotension, cancer, and liver and other endocrine disorders, metabolic disorders with lowered healing ability at the cellular level, over trauma areas of bruising and open wounds, and low immune or immunodeficiency disorders.	https://59994807-498d-4c28-bdd0-e65e7beedf4.paylinks.godaddy.com/895afbfb-ce10-4f94-aef7f-d4a		Scan to Pay	
Cold Stone Peppermint Aromatherapy Face massage	ICD-10 code for cold gel is under 97010 for hot or cold packs, where cooling gel applied topically applies under hydrotherapy modalities.		Add-On	\$ 20.00	A cold stone face massage is an invigorating and relaxing way to remove excess fluid in the face interstitial tissues and alleviate cervicogenic and sinus headaches. Small circular stones of marble or river bed material are used in an ice water solution to retain cold while applied to the face. Can be done with or without peppermint aromatherapy and hypoallergenic lotion before a massage. This is idea for craniosacral, Swedish, reflexology, or deep tissue massages. It lasts about 10 minutes and covers the entire face with circular motions that move gently and bilaterally over the face stimulating the blood flow and cooling the vasculature to stimulate the restful state of healing and relax the tension headaches, cervicogenic headaches, and sinus headaches. Not intended to be used on those sensitive to cold such as those with hypothyroid disease or are unable to feel temperature of cold from metabolic or other endocrine disorders. Could be great for chronic headaches due to the cold sensation transmitting nerve stimuli on same channel of chronic pain C fibers to inhibit pain locally from chronic headaches.	https://59994807-498d-4c28-bdd0-e65e7beedf4.paylinks.godaddy.com/38eab79f-a48e-4375-ba45-3a9		Scan to Pay	

Sacro-occipital Blocks

ICD-10 code for this is 97039 1 unit of constant attendance modality unlisted/specific, or 97139 for unlisted/specific therapeutic skills to improve function.

Sacro-occipital blocks are a great addition to the craniosacral or sports massage to balance out the hips and spine and enhance cerebrospinal flow to nourish the spinal cord and nerve roots and transmit nerve flow information as well as cleaning up waste products with more cerebrospinal fluid flowing smoothly through ventricles of brain through spinal canal. Not intended to correct gait patterns but to allow the sacrum to have less pressure on it while supine or prone. This is safe for most conditions and only those unable to move their hips from trauma locally or easily bruise or herniated disc or slipped vertebrae of grade 3 or higher could have discomfort with placement of triangular and solid constructed blocks

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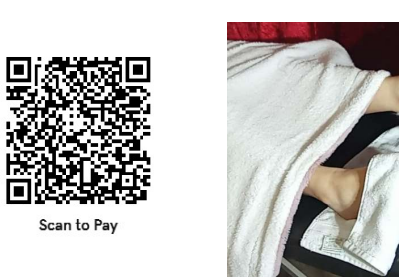
sugar foot scrub

The ICD-10 code for this is therapeutic skills to improve function 97139 unlisted/specific for improving autonomic nervous system relaxation parasympathetic state of healing and reflexology, or maintenance care for ANS S8990.

Add-On\$20.00

Sugar Foot Scrub is a massage add-on to enhance circulation and exfoliation of tired and aching feet. Hot towels are used to wipe the feet first, then sugar exfoliant is used to lightly massage and exfoliate the dead skin cells from the surface of feet top and bottom. More hot towels are used to wipe the sugar exfoliant off the feet and then a massage butter cream is used to massage the deep tendons, ligaments, muscles, and joint capsule synovial fluid to stimulate relief of pain and aches that accompany tired and overworked feet. Not meant for those who are ticklish on the feet, because you will be uncomfortable and it won't be pleasing. There is a chance it could transdermally spike blood glucose levels, so if you have metabolic diseases such as diabetes that is uncontrolled even with medication, then this add-on service is not recommended for you. Can be otherwise very relaxing and stimulate healing by bringing the body to a peaceful restful state while the rest of the massage continues or after the massage ends.

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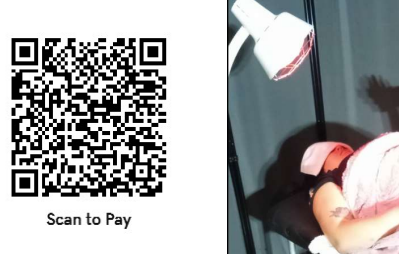
Infrared Light Therapy

The ICD-10 code for infrared light is 97026 in supervised modality by units 1-4.

Add-On\$20.00

This add-on service to massage is great for stimulating circulation in the body by heating the core temperature via absorption of red light. Red light is the portion of the light spectrum that our cells in our bodies absorb to increase metabolism, increase energy, produce more ATP for energy in the mitochondria of cells, enhance sleep by promoting release of serotonin and melatonin for the brain's limbic system and pineal gland that regulates sleep and the circadian rhythm of our bodies to sleep and stay asleep regularly. The service is 25 minutes to an hour added to your regular massage session, while massage and body work is in progress. Not intended for those with skin sensitivities or sensitive to light or heat like in endocrine disorders or underlying health conditions that hypertension would be exacerbated. Is intended for enhancing the healing outcomes of massage by bringing person to relaxing state of mind for healing and detoxing of waste products from interstitial tissues, increasing immunity by release of antibodies to break down the waste products in tissues and open up lymphatics and venous structures to facilitate emptying body of toxins in a relaxing and sped up manner.

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Massage
Hyperpercussion Therapy

ICD-10 code for this is 97039 1 unit of constant attendance modality unlisted/specific, or 97139 for unlisted/specific therapeutic skills to improve function.

A high percussion vibration device is used along muscles and tendons for three to ten rounds of cross fiber muscle and along muscle fiber and while muscle relaxed or stretched to relax tight muscles, relieve stiff muscles, relieve muscle aches, relieve muscle pain, improve range of motion, break adhesions, heal sore muscles, help post workout aches, improve circulation, good with stretching, detox muscles, improve healing, can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports, and deep tissue massage massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy.

Cost: \$20 full body, or \$5 per area

Benefits: relax tight muscles, relieve stiff muscles, relieve muscle aches, relieve muscle pain, improve range of motion, break adhesions, heal sore muscles, help post workout aches, improve circulation, good with stretching, detox muscles, improve healing

Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, bone trauma, osteoporosis, fractures, insensitivity to pain, pregnant, aneurism history, cancer, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, , heart disease, circulatory problems, blood pressure problems, blood clots, blood embolisms, thrombosis

Possible negative side effects: can cause muscle soreness the next day from the muscles rebuilding after muscle adhesions being broken down with the massage gun and another massage modality

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hydrocollator hot pack

ICD-10 code for cold gel is under 97010 for hot or cold packs, where cooling gel applied topically applies under hydrotherapy modalities.

Add-On \$ 20.00

Add 2 hydrocollator hot packs to your massage session for \$20 additional to the massage treatment purchased. Heat is great for chronic pain and relaxing the autonomic nervous system. It also alleviates tension in muscles and myofascial to allow more deep tissue work. Not intended for those with underlying health conditions such as hypertension, heart disease, liver disease, kidney disease, other endocrine diseases, metabolic disease, thyroid disease, open wounds, recent trauma, and other conditions managed by a healthcare professional that would advise a doctor's recommendation or note of approval to have service done.

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cold transcutaneous
soothing pain relief gel

ICD-10 code for cold gel is under 97010 for hot or cold packs, where cooling gel applied topically applies under hydrotherapy modalities.

Add-On \$ 20.00

Biofreeze is added to block mild pain from recent injury to the muscles, tendons, myofascia, and other soft tissue to one location to allow better movement free from pain. Avoid touching while actively working the first 20 minutes to avoid eye irritation and may last a few hours and help with mild muscular pain after deep tissue work in a massage or body work session. This is a non-narcotic pain relief gel, Bio Freeze, applied to the body that is cooling to the touch and designed to calm the pain radiating from aching muscles and tendons, and lasts for 20 minutes to quiet the nerve receptors transmitting pain to the brain. As long as no contraindications exists for each massage modality then other modalities other than Swedish massage can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching, massagehyperpercussion therapy, craniosacral therapy, reflexology, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage.

Cost: \$5 one area only

Benefits: pain relief of muscles and tendons from working out or muscular adhesions from stress

Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, allergies, sensitivity to pain, high blood pressure, low blood pressure, pregnant, aneurism history, cancer, sensitivity to cold, cold sensitivity, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, blood clots, blood embolisms, thrombosis

Possible negative side effects: can irritate the eyes if client touches the body part Biofreeze applied within 20 minutes of being applied then

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mechanoreception
agonist contraction pain
relief TENS

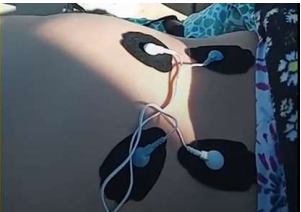
The ICD-10 code for
infrared light is 97026 in
supervised modality by
units 1-4.

The transcutaneous electroneve stimulation device or TENS is great for
chronic pain relief and has amazing results that can lower pain from a 6 to
1 on a scale of 1 through 10 with 10 the worst pain ever felt before. The
effects can last a few hours after use and can done safely at home or in
session to get better outcomes from a full body massage without pain
interfering. There are contraindications to use such as pregnant condition,
hypertension, heart or other organ disease, cancer, skin hypersensitivities,
endocrine or metabolic disease, recent trauma, pain from an unknown and
undiagnosed cause, and avoiding the scalp, neck, and mediastinum of
body.

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Neck Assessments using
AROM PROM RROM
tendinous assessments of
neck

ICD-10 code for this is 4
units of 97110
rehab/ROM, or 97124
massage therapy, or
97139 unlisted/specific if
MRT or TrP or XFT used. If
IASTM scraping used it is 1
unit of 97039 unlisted
modality.

Add-On \$ 20.00

This is an add-on to massage for evaluating range of motion and injury to
see if referral, massage locally, or contralocally or to see if other
physiotherapy modalities of massage and body work should be used to
enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the
scheduled massage time at the start of the massage about 25 minutes,
best to be added to longer massage sessions to get full massage relaxing
and healing effects for best outcomes. Tests are sensitive and specific
from 50-70% accuracy in mixed patient demographic with other underlying
conditions evaluated with soft tissue MRI and MR arthropathy of joints
(Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and
Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010,
ISBN: 978-1-60547-595-0). Tests used are: AROM, PROM, Foraminal
compression, Jackson's Compression, Extension Compression, Flexion
Compression, Spurling's, Max Foraminal Compression, Shoulder
Depression, Foraminal Distraction, Shoulder Abduction/Bakody's, Arm
Squeeze, Soto-Hall, Rust's Sign, Sharp-Purser, Transverse Ligament Stress
Test, Alar Ligament Stress Test, and general palpation for tenderness to
detect soft tissue irregularities and injuries to refer out for treatment after
massage to avoid or focus on area depending on results and stage of
injury.

Shoulder Assessments
using AROM PROM RROM
tendinous assessments of
shoulder

ICD-10 code for this is 4
units of 97110
rehab/ROM, or 97124
massage therapy, or
97139 unlisted/specific if
MRT or TrP or XFT used. If
IASTM scraping used it is 1
unit of 97039 unlisted
modality.

Add-On \$ 25.00

This is an add-on to massage for evaluating range of motion and injury to
see if referral, massage locally, or contralocally or to see if other
physiotherapy modalities of massage and body work should be used to
enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the
scheduled massage time at the start of the massage about 25 minutes,
best to be added to longer massage sessions to get full massage relaxing
and healing effects for best outcomes. Tests are sensitive and specific
from 50-70% accuracy in mixed patient demographic with other underlying
conditions evaluated with soft tissue MRI and MR arthropathy of joints. Add
to 1 hour for spot focus pain relief and enhanced healing locally, or to the
longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage
sessions (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic
and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia,
2010, ISBN: 978-1-60547-595-0). Tests used are: Elevated Arm Stress Test,
Hyperabduction Test, Costoclavicular Maneuver, Traction, Halstead, Door
Bell Sign, AIN/medial nerve/C5-C7 Median nerve1 test,
median/musculocutaneous/axillary nerve test Median nerve2 test, Radial
nerve bias test, ulnar nerve bias test, brachial plexus tension test, Bikele's
sign, Empty Can Test, Apley scratch Test, Hawkin Kennedy Impingement,
Neer Impingement, Speed's Test, Lippman's Test, Yergason's Test,
Ludington's Test, Transverse Humeral Ligament Test, Subacromial
Impingement Test, Dawburn's Test, Codman's/Drop Arm test, Lift off test,
belly press/Napolean test, anterior apprehension test, rowe anterior
instability test, Dugas, Fulcrum, Andrew's Anterior instability, norwood,
feagin, sulcus sign, load and shift2, Active Compression/O'brien's, anterior
slide, biceps load, mimori's/pain provocation, labral crank, clunk, paxino's
pinch, AC crossbody/horizontal adduction, and general palpation for
tenderness and pain to see if positive for injury to refer out for treatment

Add-On \$ 25.00

Elbow Assessments using AROM PROM RROM tendinous assessments of elbow	ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality.				This is an add-on to massage for evaluating range of motion and injury to see if referral, massage locally, or contralocally or to see if other physiotherapy modalities of massage and body work should be used to enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the scheduled massage time at the start of the massage about 25 minutes, best to be added to longer massage sessions to get full massage relaxing and healing effects for best outcomes. Tests are sensitive and specific from 50-70% accuracy in mixed patient demographic with other underlying conditions evaluated with soft tissue MRI and MR arthropathy of joints (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010, ISBN: 978-1-60547-595-0). Add to 1 hour for spot focus pain relief and enhanced healing locally, or to the longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage sessions. Tests used are: Cozen's, Mill's, Reverse Cozen's, Reverse Mill's, Valgus Abduction Stress test, Varus adduction stress test, elbow flexion, wartenburg's, pinch grip, resisted finger extension, and general palpation for tenderness and pain to decide if an injury needs refer and to see if massage will help with pain locally, or avoiding area depending on stage of injury.
Wrist & Hand Assessment using AROM PROM RROM tendinous assessments of wrist & hand		Add-On	\$	25.00	This is an add-on to massage for evaluating range of motion and injury to see if referral, massage locally, or contralocally or to see if other physiotherapy modalities of massage and body work should be used to enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the scheduled massage time at the start of the massage about 25 minutes, best to be added to longer massage sessions to get full massage relaxing and healing effects for best outcomes. Tests are sensitive and specific from 50-70% accuracy in mixed patient demographic with other underlying conditions evaluated with soft tissue MRI and MR arthropathy of joints (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010, ISBN: 978-1-60547-595-0). Add to 1 hour for spot focus pain relief and enhanced healing locally, or to the longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage sessions. Tests used are: Watson's/Scaphoid Shift test, lunotriquetral ballotement test, finger extension, phalen's, reverse phalen's, pinch test, touriquet test, thumb grind test, finkelstein's, triangular fibrocartilage complex load test, supination lift, froment's, and general palpation for tenderness and pain to decide the stage and degree of injury to refer out and if massage can focus on area of pain or avoid it and used as pain relief contra-locally.
Hip Assessments using AROM PROM RROM tendinous assessments of hip	ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality.	Add-On	\$	25.00	This is an add-on to massage for evaluating range of motion and injury to see if referral, massage locally, or contralocally or to see if other physiotherapy modalities of massage and body work should be used to enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the scheduled massage time at the start of the massage about 25 minutes, best to be added to longer massage sessions to get full massage relaxing and healing effects for best outcomes. Tests are sensitive and specific from 50-70% accuracy in mixed patient demographic with other underlying conditions evaluated with soft tissue MRI and MR arthropathy of joints (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010, ISBN: 978-1-60547-595-0). Add to 1 hour for spot focus pain relief and enhanced healing locally, or to the longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage sessions. Tests used are: actual leg test, apparent leg test, patrick/fabere's, laguerre's test, trendelenburg, anvil, thomas, Bragard's, Sicard's, Lasague's, Milgram's, Frieberg's, piriformis, Straight Leg Raise or SLR, sign of buttock test, belt test/forward bend test, Goldwaith's test, AROM in flexion/extension/external rotation/internal rotation, PROM in abduction/adduction, Yeoman's, Flamingo test, iliac compression test/pelvic rock test, Gaenslen's, Lewin-gaenslen's, hobb's, and general palpation for pain or tenderness with timing of injury or changes to refer out, avoid or focus on pain site with massage.
		Add-On	\$	25.00	

Low Back Assessments using AROM PROM RROM tendinous assessment tests of low back

ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality.

This is an add-on to massage for evaluating range of motion and injury to see if referral, massage locally, or contralocally or to see if other physiotherapy modalities of massage and body work should be used to enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the scheduled massage time at the start of the massage about 25 minutes, best to be added to longer massage sessions to get full massage relaxing and healing effects for best outcomes. Tests are sensitive and specific from 50-70% accuracy in mixed patient demographic with other underlying conditions evaluated with soft tissue MRI and MR arthropathy of joints (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010, ISBN: 978-1-60547-595-0). Add to 1 hour for spot focus pain relief and enhanced healing locally, or to the longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage sessions. Tests used are: Bowstring test/sign, Sciatic Tension test, Well Leg Raise, Fajersztan's, femoral nerve traction, Bechterew's test/sign, Tripod sign, minor's sign, antalgic lean sign, neri sign/bowstring sign, Amoss sign, Nachlas test, Kemp's test, AROM in flexion, extension, rotation, lateral flexion, and general palpation for pain or tenderness and timing of injury signs and symptoms or changes to see if massage can be done locally or contra-locally and used for pain relief and relaxation for referral out to get treated by DC, DO, or MD. Takes about 25 minutes of massage session, great for fine tuning massage treatment time and areas of focus for more sports, relaxation, stretching, physiotherapy work of XFT, MRT, TrP, PNF, and more. This is an add-on service but can be great for a one hour with local pain site focus or in longer massage sessions, it does use up time during the massage and body work session scheduled at the start of the massage.

Knee assessments using AROM PROM RROM tendinous assessment testing

ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality.

This is an add-on to massage for evaluating range of motion and injury to see if referral, massage locally, or contralocally or to see if other physiotherapy modalities of massage and body work should be used to enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the scheduled massage time at the start of the massage about 25 minutes, best to be added to longer massage sessions to get full massage relaxing and healing effects for best outcomes. Tests are sensitive and specific from 50-70% accuracy in mixed patient demographic with other underlying conditions evaluated with soft tissue MRI and MR arthropathy of joints (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010, ISBN: 978-1-60547-595-0). Add to 1 hour for spot focus pain relief and enhanced healing locally, or to the longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage sessions. Tests used are: Apley's compression, Apley's distraction, McMurray's, Thesaly's, Bounce Home, Steinman's tenderness2, modifie helfet's, anterior drawer, posterior drawer, slochum, hughston's, lachman's, reverse lachman's, lateral pivot shift maneuver, adduction stress test, abduction stress test, patella ballotement, patellar grind test, Clarke's sign/Patellar grind test, Fairbank's Apprehension Test, Mediopatellar plica, hughston's plica, Noble's compression, Dreyer's, PROM in extension and flexion, and general palpation for pain and tenderness or other changes since onset to refer out, massage locally, or contra-locally. Best with a one hour spot region focus, 90 minute sports, or 2 hour sports and relaxation focus.

Add-On \$ 25.00

Add-On \$ 25.00

Ankle & Foot Assessments ICD-10 code for this is 4 using AROM PROM RROM units of 97110 tendinous assessments of rehab/ROM, or 97124 ankle & foot massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality.

This is an add-on to massage for evaluating range of motion and injury to see if referral, massage locally, or contralocally or to see if other physiotherapy modalities of massage and body work should be used to enhance healing locally like MRT, XFT, TrP, PNF, etc. This takes from the scheduled massage time at the start of the massage about 25 minutes, best to be added to longer massage sessions to get full massage relaxing and healing effects for best outcomes. Tests are sensitive and specific from 50-70% accuracy in mixed patient demographic with other underlying conditions evaluated with soft tissue MRI and MR arthropathy of joints (Cipriano, Joseph J., Photographic Manual of Regional Orthopedic and Neurologic Tests, 5e, Lippincott Williams & Wilkins, Philadelphia, 2010, ISBN: 978-1-60547-595-0). Add to 1 hour for spot focus pain relief and enhanced healing locally, or to the longer 90 and 120 minute Swedish, Deep Tissue, and Sports massage sessions. Tests used are: Drawer's foot/ankle test, Thompson's test, Tinel's Tap foot sign/test, Lateral stability/inversion test, medial stability test/eversion test, squeeze/distal tibiofibular test, PROM in plantar and dorsal flexion, Morton's Test, and general palpation for tenderness and pain since changes started to see if a referral to DC, DO, or MD is needed or if massage can be done to include or exclude site of pain. Can be added to: Sports, Stretching, PNF, MRT, TrP, XFT, Swedish, Deep Tissue massage and body work sessions. Recommended for 1 hour local massage focus only or longer massage sessions of 90 minutes Sports or Swedish, or 2 hours Swedish or Sports massage and body work appointments.

Stretching PROM AROM RROM Add-On \$ 25.00

ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality.

This massage modality takes the clients limbs of body that are gently pulled up to a 7 pain scale on a 1-10 pain scale with 10 being the most pain to stretch focused muscle group to increase range of motion and detox overworked muscles and break apart muscle fascia adhesions where each stretch held for three to ten deep and controlled breaths of the client. This modality can be a stand alone treatment or combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching, massage hyperpercussion therapy, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage. Cost: substitute massage time for stretching body work before massage therapy modality begins Benefits: increased flexibility, improved range of motion, improved circulation, pain relief, better posture, increased healing, improved mood, muscle relief, better sleep Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, bone trauma, osteoporosis, fractures, broken bones, insensitivity to pain, pregnant, aneurism history, cancer, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, Possible negative side effects: Can cause muscle soreness for a few days afterwards

Add-on \$ -



hot stone

ICD-10 code is for constant attendance modality for 97039 unlisted modality with constant attendance 1 unit. ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140.

This massage uses hot stones that are not too hot for the massage therapist or the client, that are applied to the muscles of the back and limbs to increase circulation, relax the client, allow more deeper muscle work without pain to client, and relax the nervous system of client and can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching, massage hyperpercussion therapy, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage.


Cost: \$20 full body, \$5 back only or one area only

Benefits: relax client, reduce stress, calming, increase healing, improve circulation, break adhesions, improve range of motion, improve sleep


Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, pregnant, aneurism history, cancer, heat sensitive, sensitivity to heat, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, blood clots, blood embolisms, thrombosis

Possible negative side effects: can burn if stones are too hot for the client, precautions are taken to prevent this from happening like transferring heat gradually with massage therapists hands to skin repeatedly until stones cooled then placing on client's skin with massage lotion or oil

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Deep Tissue


ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140.

modality\$ 100.00


DEEP TISSUE SWEDISH: DEEP TISSUE SWEDISH: Deep Tissue massage is designed to get to the deeper layers of muscle in the back, legs, forearms, calves, and hips where layers of muscle overlay each other and can get tight and cause pain from muscle ischemia or nerve compression peripherally. This massage uses more pressure to drag the elbow tool along one attachment end to the other attachment end moving through layers of tissue like trolling the sand floor of the deep sea for sea life as metaphor. This is adequate pressure if regular medium firm pressure is not enough. Regular pressure is enough pressure to break apart a watermelon or squash a whole orange flat demonstrated as relieving tension and aches in superficial and medium to deep layers of muscle and myofascial. With this add-on deep tissue pressure, it is enough force to split open a spaghetti squash. Really great for those who are otherwise healthy and have great nerve communication for sensory to skin and musculotendinous region of ache. But in some rare cases deep tissue massage will not relieve the effects of long standing chronic pain or underlying health conditions that sensory nerve fibers for deep pressure have been removed in cosmetic procedures or metabolic diseases. Deep tissue is not meant for people with allodynia or hypoesthesia disruptions in their nerve communication fibers, from not feeling the deep pacinian nerve fibers for deep pressure that travels up the dorsal columns white matter of spinal cord. These folks tend to feel only the lighter pressure fibers of merkel and ruffini nerve sensory fibers in cold and acute pain sensation along the lateral spinothalamic tracts of white matter. These folks have chronic pain that nags and is increased in stress and persistent external physical irritations like body ergonomics or pharmaceuticals like nerve pain relief from use of gabapentin or any opioid or muscle relaxer over prolonged times to develop this chronic pain, they

modality\$ 100.00

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Prenatal

ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140.

Swedish massage up to medium pressure or middle muscle layers to help relax client going through body changes due to pregnancy and associated aches in the feet, low back, and upper back, avoids the joints and major artery sites of client, client cannot be a high risk pregnancy or within the first trimester unless not a high risk and has had massage regularly for at least one year allowing the clients body to welcome massage. Can be relaxing, helps detox stress from body, improves circulation, and other benefits of massage.

Benefits: improved circulation, better sleep, pain relief, relaxing effect, soothing effect, calming effect, improves range of motion, helps with congestion, helps detox, helps clean old bruises, modified massage if doctor approved for high risk or other health condition

Contraindications: dehydration, Be a high risk pregnancy (history of painful menstruation, history of uterine diseases such as fibroids, cysts, endometriosis, history of miscarriages, over the age of 35 and first child, diabetes, blood disorders, heart disorders) fever, rashes, infection, some mental disorders, nausea, epilepsy, aneurism history, cancer, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing

Possible negative side effects: can make client dizzy or nauseous if first massage and not familiar with massage or early stages of pregnancy and a first time pregnancy but not a high risk pregnancy

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Lymphatic Drainage

ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140.

Massage focused on superficial muscles and lymphatic system of the body to drain edema or excess fluid retention from the limbs to the torso or heart to be eliminated, it is rhythmic and slower to align with the lymphatic system of lymph nodes that runs along the circulatory system to clean the blood and improve immunity as well as sometimes elevate the limbs to help with drainage of excess water in the limbs from surgery, cancer, or other health related conditions as long as not a contraindication or client has a doctor's approval. HOW IT WORKS: service to enhance lymphatic drainage by activating the Merkel and Rufini nerve fibers that detect insect vibration at the highest levels of subcutaneous tissue to stimulate the immune response of macrophages and monocytes in the lymph nodes adjacent to tissue to release and break down protein wastes in the interstitial soft tissue that is causing excess fluid retention in peripheral edema and post surgical cases. This is great to help relieve the body of excess edema in limbs and to feel less bloated and more energized, and to increase healing outcomes and speed up healing. This is a very light massage and uses only light pressure, anything more than light pressure will not activate the light pressure receptors and will activate deep pressure (paccinian nerve fibers) and other general proprioceptive nerve sensory fibers that will release more wastes into interstitial cells and fluid. Not intended for those who want more pressure than light, are ticklish, or have itchy skin that cannot handle light finger fat pad effleurage strokes gliding over the skins surface rhythmically and repetitively for an hour covering the skin's surface as the strokes are made towards the lymph nodes of body and toward the heart. This is great in combination with infrared light therapy, dry brushing, guasha face massage, or reflexology add-on services.

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modality

\$ 80.00

modality

\$ 60.00

Benefits: improves circulation, helps in removing excess edema or water



Sports

ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140. For wellness care is ICD-10 S8990

Massage that is focused on sports related discomforts around tendons and tight muscles to improve muscle recovery or improve muscle performance, improve range of motion, can include stretching and percussion and can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching with active or passive or resisted range of motion AROM/PROM/RROM, massage hyperpercussion therapy, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports , cross fiber friction massage (XFT), trigger point therapy (TrP), myofascial release technique (MRT), post-isometric relaxation with reciprocal inhibition (PIR-RI) also called contraction relax angonist contract (CRAC), and deep tissue massage.

Benefits: improves healing from sports or work related muscle and tendon pains and discomforts, relaxing, improves range of motion, improves flexibility, improves immunity, improves sleep, improves workouts, improves muscle strength, improves muscle recovery, helps prevent muscle strain, helps prevent tendon inflammation, helps prevent injury, helps muscle performance

Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, pregnant, aneurism history, cancer, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, blood clots, blood embolisms, thrombosis

Possible negative side effects: can cause muscle soreness for a few days from breaking apart adhesions and pressure used

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craniosacral

ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140. For wellness care is ICD-10 S8990

modality

\$ 80.00

massaging while client face up with focus of massaging on the scalp, neck, and upper back to balance cerebrospinal fluid or CSF to restore body functions and relieve pain by rebalancing the nervous system and pumping rhythm of the cerebrospinal fluid from cranium to sacrum of spine. May use neck and sacral blocks for added CSF circulatory benefits. Improves membrane tension restrictions, increases mobility in articular restrictions, improves circulation, improves autonomic tone, reduces neural entrapment, can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, dry brushing, cupping therapy, stretching, massage hyperpercussion, sacro-occipital blocks, therapy, cold transcutaneous soothing pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage.

Benefits: headaches, scoliosis, visual disturbances, auditory disturbances, TMJ or temporo-mandibular joint discomfort, fibromyalgia, myofascial pain, visceral disfunction, autonomous disfunction, some emotional disorders, rheumatoid arthritis, chronic pain, acute pain

Contraindications: dehydration, seizures, psychological disorders, hysterical or emotionally disturbed, unable to sit still, limbs spasm in direction of massage therapist endangering massage therapist, brain trauma history, stroke history, aneurism, herniation of medulla oblongato (Arnold-Chiari), acute cranium bleeding, wounds to area, sores in application site, fever, infection, skull trauma, skull fracture, fever, infection, nausea, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, double vision or diplopia, vertigo when standing or moving head

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reflexology	ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140. For wellness care is ICD-10 S8990			Focus of this massage is to stimulate body functions and improve health of clients who find it more relaxing to have their scalp, hands, and/or feet massaged where these areas of the body have alignments in traditional Chinese medicine to certain organs in the body reflected in locations on the feet, hands, and scalp to stimulate healing to those areas of the client's body. Historically, this type of massage was the only type of massage allowed for health monitored clients recovering or living with certain health conditions such as cancer. If no contraindications or has a doctor's note, this massage can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching, massage hyperpercussion therapy, biofreeze, craniosacral therapy, dry brushing, sugar foot scrub, craniosacral massage, lymphatic drainage, sports massage, shiatsu massage, instrument assisted soft tissue mobilization or IASTM tools, myofascial massage, trigger point therapy, and deep tissue massage. Benefits: relaxing, improves circulation, improves sleep, helps with pain and discomfort, increases immunity, recommended for people with pain sensitivity or people who cannot be touched because it causes discomfort by tickling, itching, or hurting them like some cases of fibromyalgia and neuropathic pain Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, , aneurism history, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, not recommended for people who have neuropathic pain or tickling of the feet Possible negative side effects: can make client tight headed	https://59994807-498d-4c28-bdd0-e65e7beeedf4.paylinks.godaddy.com/75c021b4-71aa-4411-b372-b63	 Scan to Pay		
PNF PIR-RI AROM RROM PROM	ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality	modality	\$ 60.00	Post-Isometric Relaxation (PIR) and reciprocal inhibition (RI) is a stretch technique used to fix or realign musculature to balance out postural deficits in the body from sitting, standing, looking down or up regularly and not having the proper body mechanics for proper joint articular space circulation and muscle restrictions that cause a shortened muscle to be hypertonic and pull on its opposing muscle causing the opposing muscle to be weakened and lengthened. These PIR stretches are done per area of concern and not on a timed massage session unless scheduled in advance to have an hour of these stretches done in an hour. There is a separate form for the PIR & RI stretching massage session. This is an active client stretch/massage session that requires the person be clothed in shorts and/or sports bra if a female so that the beginning resistance for the muscle length can be assessed and used to attain the subsequent lengths of 3-5 cycles of a cycle consisting of initial stretch beginning resistance, followed by a 10-20% isometric contraction with minimal resistance applied by the massage therapist to the client's muscle, 10 full seconds of holding one's breath by client to attain isometric contraction enhancement, then 3 seconds of relaxation after the muscle contraction ends and use of exhalation by client to obtain enhanced relaxation, and a new stretch to the gained resistance in targeted muscle is obtained and held for 10 seconds. This can be done with each session and immediate gains can be seen. After 3-5 cycles of PIR, the RI is done on the antagonist muscle to 100% full contraction with perturbations applied by the massage therapist that counter the muscle direction while being contracted 100% by the client and breathing normally for a full 10 seconds. Then after 1 cycle of RI, the new length of the agonist target muscle is assessed and stretch of that muscle ends till next session. Benefits: can be done in acute injury as it assesses the new length barrier,	https://59994807-498d-4c28-bdd0-e65e7beeedf4.paylinks.godaddy.com/803e3055-c59c-452c-8e43-7de	 Scan to Pay		

MRT Myofascial Release Technique PROM

ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality

Myofascial Release Therapy (MRT) is used to find adhesion lesions that occur in the muscle belly or the fascial surrounding the muscle bellies of multiple muscles in an area where many adhesion lesions form from repetitive use injuries, previous injuries, or other injury to remodel the scar tissue by breaking it down and reforming the scar tissue to align with the muscle fiber direction to give more range of motion, better circulation, and relief of the 'knot' or adhesion lesion that aches due to scar tissue in the muscle belly from injury. There are a series of five grades that are used but nobody uses grade 5, so it involves 4 grades of short belly length of 5 pin and stretch on each muscle adhesion, or long length of muscle belly in stretched position with 5 pin and stretch on muscle adhesion, and then the other 2 grades involve a passive and active movement from short to long each with 5 pin and stretch techniques on each muscle adhesion. This is to be done before light stretching and exercise to activate the break down of the scar tissue and use the body's own inflammatory response to rebuild the fibers along the direction of the muscle belly towards the heart. Not to be done on each muscle adhesion lesion within 48 hours. Can be done up to 10 sessions and in combination with stretching or any modality of massage, but can be painful and is targeting the deeper muscle fibers, not the tendons or ligaments, for that would need cross fiber friction massage therapy (XFM).

Benefits: muscle trauma, muscle spasms, pain trigger points
Contraindications: dehydration, local site wounds, sores, sensitive skin, thin skin, cuts, burns, rash, fever, rashes, infection, some mental disorders, nausea, epilepsy, pregnant, aneurism history, cancer, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, blood clots,

Acupressure or small and localized pressure is applied with knuckles, thumbs, or tools to deep muscle layers along the spine and limbs or meridians of the body to promote healing of muscle aches, improve relaxation, calm nervous system, and reduce stress for repetitive cycles of 3-5 seconds with each pressure application, sometimes longer. Helps with muscle tonicity, can be adjusted to the right pressure for each client and can be combined with other massage modalities like hot stone therapy, cold stone therapy, aromatherapy, cupping therapy, stretching, massage hyperpercussion therapy, cold transcutaneous pain relief gel, craniosacral therapy, reflexology, lymphatic drainage, sports, and deep tissue massage.

Benefits: improved circulation, relaxing, detoxes, breaks apart adhesions, improves sleep, improves healing
Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, aneurism history, cancer, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing, heart disease, circulatory problems, blood pressure problems, blood clots, blood embolisms, thrombosis

Possible negative side effects: can cause muscle soreness for a few days from breaking apart adhesions and pressure used

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Acupressure/Shiatsu

ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140. For wellness care is ICD-10 S8990

modality \$ 100.00

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TrP Trigger Point Therapy ICD-10 code for this is 4 units of 97110 rehab/ROM, or 97124 massage therapy, or 97139 unlisted/specific if MRT or TrP or XFT used. If IASTM scraping used it is 1 unit of 97039 unlisted modality

A trigger point is a hyper-contractile ball of muscle fibers that refer pain to another area of the body while also having pain at the contact site on what is an adhesion lesion or knot. The body develops these from injury of repetitive over use, poor posture, muscle injury after remodeling, etc. and causes flare up pain and relief when massaged. To get the adhesion lesion to break apart, the belly of the lesion is pressed with a scaled 4/10 pressure to be uncomfortably painful but feel relieved as the pressure increases. The only task the client is to do is breathe deeply until the adhesion lesion knot of balled up hyper-contractile tissue stops responding. This can be done every 48 hours at the earliest and shouldn't be confused with a tender spot that is painful and has no knot associated with it nor referred pain nor radiating pain from that spot travelling to another spot on the body which could be a sign of fibromyalgia that needs a medical doctor to diagnose or a process of elimination by a DC over a minimum of 3 months to diagnose and refer out for treatment to a fibromyalgia specialist. Trigger point therapy could be done all session with each adhesion lesion that is defined as a trigger point and presents as acupressure, but is specific to each knot. This is idea if the client has trigger points and doesn't want oil or lotion used on the body and wants to remain clothed, as the trigger not is under the skin in the muscle belly or fascia surrounding muscle fibers. Benefits: improves circulation, reduces pain, improves sleep, improves muscle recovery, breaks apart muscle fascia adhesions, increases healing, increases immunity Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, pregnant, aneurism history, cancer, osteoporosis, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble

If you have wellness goals and want to plan an event for your family, work, reunions, wedding, spa party, school, and so on that is safe and respectable to allow massage to be delivered to share the experience with your friends and family, this plan is perfect. You get 3 hours of massage to as many guests as you like at your planned event for \$300. All massage supplies provided, a group consent list will be filled out by each guest at the event, but confirmed initially by event planner. Many people love the benefits of massage as they can be done on the spot with a chair, or on a table that allows focus on the lower extremities that ache. All supplies disinfected between guests and dried off. Lotion could be used on areas of skin exposure, or acupressure, stretching, MET, PNF, crossfiber friction, myofascial release, general relaxation, and so on. Each number of confirmed guests split the time so a party of 10 would have about 15-20 minutes each, while a party of 20 would have less time of about 8-10 minutes each.

Get your guests the best treat with a massage experience for as many guests as possible for 5-20 minutes each in 5 hours, possibly more time on a massage chair or massage table. All supplies and expert delivered to area but must have available nearby parking and sign the list of the main consent form for event. The services can include massage modalities with lotion on exposed skin or not with acupressure, myofascial release, trigger point therapy, stretching, proprioceptive neuromuscular facilitation, sports, prenatal, lymphatic drainage, and other modalities and specialties. This is a great way to invite your family, coworkers, friends, and others to use massage therapy as an addition to their health and wellness goals to show you care about them.

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Event/Group Wellness Chair and/or open table massage for guests 3 hours

modality \$ 100.00

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Event/Group Wellness Chair and/or open table massage for guests 5 hours

modality \$ 300.00

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modality \$ 400.00

Swedish

ICD-10 massage is 4 units of 97124, for lymphatic drainage massage is ICD-10 4 units 97140. For wellness care is ICD-10 S8990

Traditional spa or clinic massage with hands, palms, elbows, forearms of massage therapist used with glides and varying pressure applied along the muscle fibers of the body with varying amounts of pressure to get up to deeper layers of the body while avoiding causing pain to the client and avoiding discomfort to the client. Avoids massaging fast and avoids choppy short motions that disrupt relaxation, but at the same rhythm to promote relaxation and calm the nervous system. Traditional Swedish Massage includes effleurage, petrissage, kneading, tapotement, thumb/knuckle/fist stripping, and modifications to those core techniques.

Benefits: improves tight muscles, loosens tight muscle fascia, improves circulation, improves relaxation, improves immunity, improves sleep, improves range of motion

Contraindications: dehydration, fever, rashes, infection, some mental disorders, nausea, epilepsy, aneurism history, psychosis, numbness in limbs, limb numbness, nerve tingling, nerve pain, difficulty breathing, ragged breathing, trouble breathing

Possible negative side effects: if no contraindications for massage exist in client, can make client tired

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Swedish

ICD-10 massage is 6 units of 97124, for lymphatic drainage massage is ICD-10 6 units 97140. For wellness care is ICD-10 S8990

modality 1 hr \$ 80.00

Traditional spa or clinic massage with hands, palms, elbows, forearms of massage therapist used with glides and varying pressure applied along the muscle fibers of the body with varying amounts of pressure to get up to deeper layers of the body while avoiding causing pain to the client and avoiding discomfort to the client. Avoids massaging fast and avoids choppy short motions that disrupt relaxation, but at the same rhythm to promote relaxation and calm the nervous system. Traditional Swedish Massage includes effleurage, petrissage, kneading, tapotement, thumb/knuckle/fist stripping, and modifications to those core techniques.

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Possible negative side effects: if no contraindications for massage exist in client, can make client tired

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travel beyond 30 minutes from service address

modality 90 min \$ 120.00

All massage includes 30 minutes travel time to and 30 minutes travel time from massage service address to and from downtown Corona, CA by the courthouse on 6th St. & Buena Vista St. Plan accordingly, travel time to a distant location beyond 30 minutes including time waiting in traffic is added per unit of time in 30 minute increments from start time of massage service. This also includes time parking if parking is very far away, but additional costs if only metered or valet parking is available to include that cost. We use the GoogleMaps planned drive times from service address to downtown Corona for estimated travel time.

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travel fee beyond 30 minutes to service address

travel excess \$ 20.00

All massage includes 30 minutes travel time to and 30 minutes travel time from massage service address to and from downtown Corona, CA by the courthouse on 6th St. & Buena Vista St. Plan accordingly, travel time to a distant location beyond 30 minutes including time waiting in traffic is added per unit of time in 30 minute increments from start time of massage service. This also includes time parking if parking is very far away, but additional costs if only metered or valet parking is available to include that cost. We use the GoogleMaps planned drive times from downtown Corona to service location to get time estimated travel.

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