

## WELLNESS VISITS

This service at our facility allows you to continue with your strength training and/or rehab after a formal session of physical therapy.

### WELLNESS SERVICES OFFERED

#### Home Exercise Program Instruction

Written exercise programs are individually tailored to meet the patients' specific needs/goals.

#### Manual Exercise

"Hands on" stretching to improve flexibility as well as resistance, and active-assistive exercises to improve strength.

#### Myofascial Release

A highly specialized stretching technique used to treat pain.

#### Spinal Mobilization

Manual techniques, performed by a qualified therapist, which help to reduce pain and to improve mobility in spinal segments.

## MASSAGE SERVICES



### WELLNESS SERVICES PRICING

<b>30 Minute Massage</b>	\$40.00
<b>1 Hour Massage</b>	\$70.00
<b>Wellness Visit</b> (With your favorite Therapist)	\$75.00
<b>Gym Membership</b> Per Month	\$50.00
<b>Personal Training Session</b>	\$40.00

## PERSONAL TRAINING

- *Tired of the same boring workout routines?*
- *Can't seem to reach your goals?*
- *Have you hit a plateau, or just never worked out before?*

### Our Personal Trainers **GET RESULTS!**

Let us be your personal, one-on-one Fitness Trainer. As we guide you on the fitness path, we'll help you avoid **common exercise mistakes** that only waste your time. We'll teach you techniques that get you the **fitness results** you've always wanted.



# Is Pain Interfering With Your Life?

We can help you with ...

- Back Pain
- Neck Pain
- Arthritis
- Shoulder, elbow, or hand pain
- Hip, Knee, or ankle pain
- Sciatic pain
- Sprains

We invite you to visit our website for more information on these and other programs, including MS, Fibromyalgia, and pregnancy therapy.



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PROVIDING FREEDOM FROM PAIN

A GUIDE TO OUR  
WELLNESS SERVICES

**(504) 733-0254**

[WWW.MAGNOLIATHERAPYLA.COM](http://WWW.MAGNOLIATHERAPYLA.COM)