

# *The Power of Massage Therapy*



At Orthopedic Associates we realize that massage therapy can be a powerful ally in your healthcare regimen. If you are suffering from an injury or any pain condition that is muscle related, you'll be excited to hear how quickly our unique "massage therapy" methods have been recently helping.

- Low back pain and neck pain sufferers
- Fibromyalgia sufferers
- Headache and migraine sufferers
- Auto accident and car crash injury victims
- Sciatica pain sufferers
- Carpal tunnel syndrome
- Sports injuries recover faster
- Increase joint flexibility

Maren R. DeGroat is a New York State Licensed Massage Therapist with Orthopedic Associates. She has studied all modalities of Massage Therapy; Reflexology, Swedish, Deep Tissue, Shiatsu, Medical Massage and pregnancy massage. She has treated Pre and Post Op patients for all types of surgery. Schedule your appointment today and start feeling better.

\*We currently don't accept insurance as payment. We do take credit cards, checks, and cash. Also check with the flex spending plan they might cover massage therapy with a RX from a Doctor.

  
**Orthopedic  
Associates**  
OF DUTCHESS COUNTY

*To schedule your Massage  
Therapy session call:*

**845-454-8377**