

**GREAT STRIDES REHABILITATION**  
12443 SAN JOSE BLVD. SUITE 302  
JACKSONVILLE, FL 32223  
TELEPHONE: (904) 886-3228  
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## Massages (Please Mark Your Choice)

- Swedish Massage-** A very popular and well known massage technique. Swedish massage uses basic long sweeping massage strokes and gentle kneading to manipulate the soft tissues of the body to promote relaxation and improve circulation. An oil, creme, or lotion is applied to reduce friction on the skin.

½ hour session      \$35.00  
1 hour session      \$65.00

- Deep Tissue Massage-** A massage technique which requires warming of the muscular tissues followed by deep pressure which is administered to affect the sub-layer of musculature and fascia.

1 hour session      \$70.00

- Neuromuscular Therapy-** A process of correcting imbalances in the musculature in order to reduce pain. Treatment involves eliminating trigger points which often times cause referred pain and a mixture of muscle tissue manipulations.

1 hour session      \$75.00

- Body Polish-** The uses of a granular substance (salt, nuts or pumice in an oil base) to gently exfoliate the top layer of skin. Skin is refreshed and rejuvenated at the same time.

1 hour session      \$60.00

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

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For Office Use Only: Notes