

I am a New York State Licensed & Nationally Certified Massage Therapist. I am also a Physical Therapist now working on a per diem basis so I can focus my career on my massage practice which I opened in 2008. I became Nationally Board Certified in 2011. Since decreasing my PT hours to per diem, I have expanded my massage hours to include morning, afternoon and evening hours Monday, Wednesday and Thursday, and daytime hours Tuesday, Friday and Saturday. All sessions are by appointment, therefore, I have no set office hours. Although I utilize my knowledge as a PT in my private practice, it is solely for massage, and I do not offer PT services. My office is conveniently located at 301 Smith Hill Road just past SUNY Broome off Upper Front Street in Binghamton behind Sonic.

**If you are interested in scheduling a massage, please contact me via my Contact Form on my website, by phone at (607) 761-9360 or via email at [margospak.pt.lmt@gmail.com](mailto:margospak.pt.lmt@gmail.com)**

What to expect:

Your massage is designed for you at the time of your session. You are the commander of your journey. Through your input, your massage is centered on the areas you designate as troublesome, painful, or tight. Or you may just want to relax. Whatever your needs, your session will focus on you. Your massage experience should help you relieve stress, decrease pain, and help you feel better through a natural, hands on approach.



My goal is for you to relax. To relieve those day to day stresses and tensions, or to decrease the pain of an acute or chronic injury. Whether through hands on massage or energy work, I want you to feel better!

I am still a Physical Therapist and use my knowledge and experience in my massage practice. However as a Licensed Massage Therapist, I do not offer PT services. But I am still true to my career goal of making others feel better through a natural and hands on approach .

	Table Massage	Seniors Over 65
30 minutes	\$35	\$30
45 minutes	\$50	\$45
60 minutes	\$65	\$55
90 minutes	\$95	\$90

Swedish ♦ Deep Tissue ♦ Medical Massage / Othopedic  
 Myofascial Release / Connective Tissue ♦ Trigger Point Therapy  
 Healing Touch & Reike Master Practioner ♦ Sports & Post Events  
 Pre-Natal Massage ♦ Massage for the Elderly (Geriatric Massage)  
 Massage for individuals with special needs and autism  
 Infant Massage ♦ Military / Veteran Massage

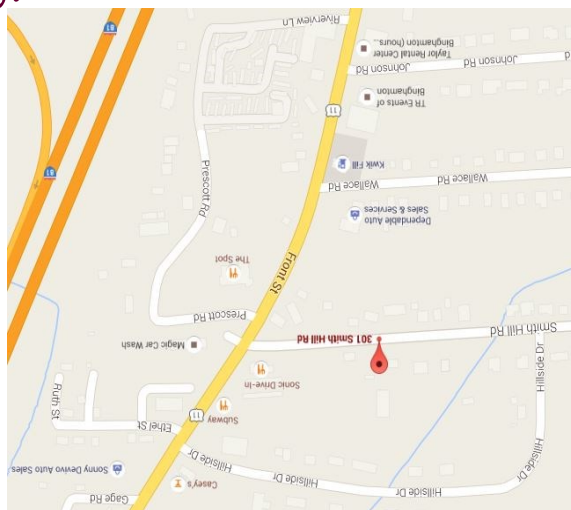
Massage for infants and children with Special Needs  
 \$1 per minute with max of \$55 / hr



*Gift Certificates available.*



*www.margospak-pt-lmt.com*  
*margospak.pt.lmt@gmail.com*



*Appointments Only*  
*(607) 761-9360*

*Located at*  
*301 Smith Hill Road*  
*Binghamton, NY*  
*13905*

# *Margo Ann Spak Hemedinger*

## *PT/LMT*

New York State Licensed and  
 Nationally Certified Massage Therapist

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