



MASSAGE

ACTIVATION MESSAGE

Treatments last for 45 minutes to an hour. An Activation Massage can help to alleviate many physical restrictions throughout the body and is beneficial for overall wellness. Activation Massage increases circulation, disengages 'muscle guarding', and helps realign muscle tissue allowing for restoration of movement throughout the body.

- (1) 60-min Session \$85
- 5-pack \$375

INTEGRATION MESSAGE

Treatments last for 90-minutes. Techniques used can act to break-up scar tissue and address muscular adhesions allowing for increased joint movement, muscular range of motion and performance.

- (1) 90-min Session \$125
- 5-pack \$575

PHYSICIAN-APPROVED MEDICAL MESSAGE

- (1) 60-min Session \$170

MVA Insurance Billing Available: 15-minute units \$40-45/unit

INSURANCE REIMBURSEMENT

We are Out-of-Network for all insurance companies. If you have insurance that pays out of network benefits, we will provide you with the needed information to send to your insurance company so that they can reimburse you directly.

REIMBURSEMENT PROCEDURE

- Call your Insurance Company to determine your Out-of-Network Benefits
- Ask your insurance if they require pre-authorization and/or a doctor's referral
- Upon completion of your physical therapy session(s) and at your request, you will receive an insurance reimbursement form to submit to your insurance company.

NO-SHOW / CANCELLATION POLICY

You must notify ADAPT at least 24 hours prior to canceling or rescheduling your scheduled appointment. Failure to do so will result in a charge of one full session that will be collected before your next visit or charged to your current package.

No Refunds on Products or Services

HOURS: MON - THURS: 6AM-8PM | FRI: 6AM-7PM | SAT: 8-10AM | SUN: Closed
9923 SW Arctic Dr. | Beaverton, OR 97005 | www.adapttraining.com | 503.646.8482



ACUPUNCTURE

ACTIVATION ACUPUNCTURE

Treatments last 45 minutes to an hour. Activation Acupuncture can help alleviate many physical restrictions throughout the body and is beneficial for overall wellness. Techniques used include acupuncture, Tui Na hand techniques and moxa & far-infrared heat therapies to help restore an individual's available function.

- Single Session \$60

INTEGRATION ACUPUNCTURE

Treatments last an hour to 90-minutes. Techniques used include acupuncture with electrical stimulation, fire cupping and Gua Sha scraping techniques to help facilitate change in an individual's function.

- Single Session \$80

ACUPUNCTURE EVALUATION

Lasting between 1½ and 2 hours the Acupuncture Evaluation consists of both diagnostic assessment and treatment. Diagnostic testing is used to gain insight into target tissue, treatment techniques and overall treatment plan. Based on the assessment results, the following treatment will be customized and may include various techniques of both Activation and Integration Acupuncture. A course of treatment will be recommended following this initial session; acupuncture is cumulative and each treatment builds upon one another.

- Single Session \$140

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