

Beverley J. Ikier, LMT, BCTMB, CPT

The Ultimate Hand

A program to manage hand pain
and restore function

- Combined techniques from The Arthritis Foundation and the American Massage Therapy Association
- Strategies to impact inflammation
- Home care routines to promote healing



Beverley J. Ikier is a Board Certified Muscular Therapist and Bodyworker, Senior Fitness Specialist

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Now booking

One-on-One Hand Therapy Sessions

For more info and to schedule massage & hand therapy,
email **Beverley Ikier** at Bikier@emersonhosp.org



Steinberg Wellness Center
for Mind and Body
at Emerson Hospital

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EmersonWellness.org