

Physical Therapy, Massage, Spa and Fitness Services

The Woman's Hospital of Texas offers a variety of therapy, massage and wellness services individualized for your special needs. For detailed information or diagnosis specific brochures, call the physical therapy department at 713-799-6193.

We are located in the One Fannin building Suite 1145. Gift Certificates are available for massage, spa and personal training services.

Mommy and Me (Prenatal) Services

Individual Prenatal Yoga, Pilates or Exercise Training Work with our certified Yoga and Personal trainers to address your specific exercise needs, at your convenience. By appointment only.

Pregnancy Massage

Treat yourself to a relaxing massage by our trained prenatal massage therapists. We offer a beautiful, relaxing environment with special pillows for our pregnant clients.

In-Hospital Massage

With your physician's permission, we can offer a bedside massage while you are in the hospital. Call 713-799-6193 to schedule your appointment.

Infant Massage

Our certified infant massage therapists will teach you how to give baby a relaxing massage, to bond with baby through massage and/or soothe a fussy or colicky baby. Dads are welcome. Call 713-799-6193 to schedule your appointment.

Mommy and Me (Postpartum) Services

Mommy and Me programs are designed to help your regain strength in the muscles most affected by pregnancy and delivery (backs, bellies and bottoms).

Call to schedule your individualized exercise, stretching, Pilates, Yoga or Thai Yoga session with our certified therapists and trainers.

Spa Services: treat yourself to a body wrap, salt glow or hot rock massage – or simply enjoy our excellent massage therapy services.

Physical Therapy Services for Women

Our physical therapists specialize in pregnancy and postpartum issues. If muscle or joint pain is keeping you from you being able to sit, stand, work, drive, sleep or do your daily chores, we may be able to help. Physical therapy services are reimbursed by most insurance plans and require a prescription from your physician.

- Back Pain in Pregnancy or Postpartum
- Numbness/Tingling In The Arm or Wrist
- Tail Bone Pain
- Neck Pain
- Rib Pain
- Scar Pain
- Groin Pain
- Persistent Sexual Pain After Delivery
- Lymphedema
- Chronic Pelvic Pain

For more information or a brochure call 713-799-6193