

Jordan D. Metzl, MD
519 East 72nd Street, Ste 206
New York, NY 10021

212-606-1678 (phone)
212-774-2370 (fax)
www.DrJordanMetzl.com

M.E.L.T. Myofascial Elongation and Lengthening Technique

What is MELT?

The M.E.L.T. Method® is a self-treatment technique that simulates the techniques – and the results– of manual therapy. The M.E.L.T. Foot Treatment is a systematic approach to releasing myofascial trigger points and restoring the integrity of the tissue in the feet. This system is easy to learn and requires a small investment of your time each day. Typical results include relief from foot pain and improvement in mobility.

Cost/Insurance?

MELT is not covered by insurance. The cost for the session is \$90 (\$40 for the instruction and \$50 for the MELT kit which includes 2 sets of the specialized MELT balls, written instructions, a DVD, and a carrying case.)

Duration:

It takes about 30 minutes to learn the MELT technique but once you have learned it, it takes only a few minutes a day. Dr. Metzl generally advises doing MELT 1-2x/day for 4-6 weeks until the symptoms are gone and then 1 - 2x/week to keep the feet healthy.

Address for MELT:

Sports Rehab Center at the main hospital, Hospital for Special Surgery
525 East 71st Street (off of York Avenue)

To schedule either call or email:

PH: 212-606-1005

Email: demillep@hss.edu , Polly DeMille, Exercise Physiologist