

Massage - Frequently Asked Questions

How Does Massage Therapy Work?

Massage therapy improves circulation by bringing oxygen and other nutrients to body tissues. It relieves muscle tension and pain, increases flexibility and mobility, and helps clear lactic acid and other waste, which reduces pain and stiffness in muscles and joints.

Why Do People Have Massage Therapy?

People get massage therapy for relaxation or for a variety of health conditions:

- Back pain
- Inflammatory conditions such as arthritis and tendinitis
- Stress relief and stress-related conditions
- Headaches and migraines
- Muscle and related conditions such as spasms, strains and sprains
- Repetitive strain injury, such as carpal tunnel syndrome
- Circulatory and respiratory problems
- Post-injury and post surgical rehabilitation
- Massage therapy relieves stress

What is a typical Massage Therapy Session Like?

A typical massage therapy session is 60 minutes. Your massage will begin with a brief consultation and review of symptoms, medical history, and lifestyle.

You will be asked to undress down to your underwear behind a screen where towels are available to wrap around you as you get on to the treatment couch. The room should be warm, however if it is not warm enough for you, please say so.

Light oils or lotion are applied on the skin and so begins the massage. A full body massage usually begins on the back and then moves down to the legs. You will then be asked to turn over so you are face up. The massage continues on your arms, legs, neck, and abdomen.

Most of the body is covered with towels except for the area being worked on.

After the massage, you can wrap yourself with towels again and dress behind the screen.

Take your time getting up. If you sit or stand too quickly you may feel lightheaded or dizzy.

Will Massage Therapy Hurt?

Massage therapy shouldn't hurt. Occasionally there is mild aching when pressure is applied over "knots" and other areas of muscle tension. If the pressure is too strong for you, just say so.

Conversely, if you feel the pressure isn't strong enough, please say so, and the technique will be adapted accordingly.

How Will I Feel After a Massage?

Most people feel calm and relaxed after a treatment. Occasionally, people experience mild temporary aching for a day.

Precautions

Massage therapy is not recommended for certain people:

- People with infectious skin disease, rash, or open wounds
- Immediately after surgery
- Immediately after chemotherapy or radiation, unless recommended by your doctor
- People prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage
- Pregnant women should check with their doctor first if they are considering getting a massage.

Additional Massage Tips

Don't eat a heavy meal before the massage.

Arrive 5 minutes early so you can have a few minutes to rest and relax before starting the massage.