

Massage Therapy

Common Questions

How Can Massage Therapy Help You?

Many sports injuries, car accidents, repetitive actions on the job, and tension from everyday stress can cause problems that will cause pain, headaches, decreased range of motion, lower your resistance to illnesses and compromise your lifestyle.

Massage can benefit people of all ages and conditions – babies, children pregnant women, the elderly, those in chronic care and those who need palliative consideration.

Massage therapy can calm your nervous system and give you more energy. It will relieve many types of muscle tightness especially the back and neck area where most of us store tension. Muscles can become so contracted that they press onto nerves to the arms, hands and legs, causing pain, tingling and numbness.

Massage can release muscle spasm and tightness in the shoulders or hip to bring relief. Massage will relieve headaches, or eyestrain, a low back pain during pregnancy, or the protective tensing of healthy muscles around an injury.

Massage therapy is safe and effective if used for stress management but it is also widely used to help patients obtain relief from many specific problems, including the following:

- headaches
- arthritis
- neuritis/neuralgia
- digestive/lower bowel problems
- respiratory problems
- tendinitis/bursitis
- circulatory problems
- sciatica (leg aches)

What should I Expect at a Massage Therapy Session?

You may be asked to fill out a confidential general information sheet and asked some general questions since there are conditions for which massage is NOT appropriate.

You can choose between undressing completely or wearing your undergarments. Your massage therapist will give you privacy to undress, and you will be fully draped throughout your session except for the area being worked on.

You will relax on a specially designed table that is designed for stability and comfort.

The room will be warm, quiet, and filled with gentle music.

Professionally prepared oils or creams may be used during the session to ease the friction.

Your therapist will help you understand that ultimately your body has the capacity to heal itself and will work with you to learn how you can become part of this process.

How will a Massage Feel?

Massage on healthy tissue feels good. Working on an area of injury or chronic pain may cause some amount of pain or discomfort, which will usually lessen shortly. Always tell your therapist if you feel any discomfort or pain so he or she can adjust treatment.

You should always feel relaxed and comfortable during the massage.

After massage, you should feel relaxed. Many people experience freedom from pain and aches that have built over months of tension. After an initial period of feeling slowed down, many people experience an increase in energy that can last for days.

How often should I get a Massage?

At the beginning, two to three sessions a week apart are the best to give us maximum benefits as every massage session accumulates the gains from previous sessions. After that, about once a month seems to be the most beneficial for massage to keep its positive effects.

Who are the Massage Therapists?

Kristie Mayne LMT

Jason Hoelt LMT

[Gift certificates](#) are available! Great ideas for birthdays, anniversaries and Christmas among other special times.

A massage session may be a half-hour or an hour in length.

Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu

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