

# Therapeutic Massage Therapy

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Where Doctors go to get Chiropractic Treatment when they are Injured!  
Is Therapeutic Massage Therapy Right For You?

Therapeutic Massage therapy is the assessment and treatment of the soft tissues of the entire body. Therapeutic massage therapy is used to prevent dysfunction, to relieve pain, to restore or augment function and to promote health.

Today, massage is recognized as one of the oldest healing arts: Chinese records dating back 3,000 years document its use; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. The health benefits of therapeutic massage are varied and far-reaching. Massage therapy is an accepted part of many physical rehabilitation programs, and has also been proven beneficial for many chronic conditions, including low back pain, arthritis, fatigue, diabetes, high blood pressure, immunity suppression, bursitis, smoking cessation, depression, infertility, and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

There are many variations of massage and bodywork therapies and many practitioners utilize a multitude of different techniques. These techniques may include on or more of the following, kneading, compression, vibration, stroking, friction, tapping, , rocking and pressure to the muscular structure or soft tissues of the human body. This may also include non-forceful passive or active movement and/or application of techniques intended to affect the energetic systems of the body. The use of oils, lotions, and powders may also be included to reduce friction on the skin.

Please note: Massage therapy is not all encompassing, and specifically exclude diagnosis, prescription, manipulation or adjustments of the human skeletal structure, or any other service, procedure or therapy which requires a license to practice orthopedics, physical therapy, podiatry, chiropractic, osteopathy, psychotherapy, acupuncture, or any other profession or branch of medicine.

## Will My Insurance Cover It?

The services of a certified massage therapist may be covered by health insurance when prescribed by a chiropractor, physician or osteopath. It is dependant on your specific coverage and standards of medical necessity.

## Increase the Benefits with Frequent Visits

Getting a massage can do you a world of good. And if getting a massage is good, getting massage frequently is even better, and the latest research proves it. This is the beauty of therapeutic massage therapy. Participating in this form of regularly scheduled self-care can play a big part in how healthy you'll be and how youthful you'll feel with each passing year. Budgeting time and money for massage therapy at consistent intervals is truly an investment in your health. Remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to

establish a treatment schedule that best meets your needs. \

#### ABOUT OUR CERTIFIED MASSAGE THERAPIST :

NCMTB (nationally certified massage therapist & bodyworker)

Member of the AMTA

Deep-muscle therapy

Reiki practitioner

Swedish

Raindrop Therapy (uses specific essential oils)

Therapeutic Touch

Chair massage