

MASSAGE THERAPY

HOW WILL I BENEFIT FROM MASSAGE THERAPY?

The benefits of massage therapy include:

- Relaxation and reduced anxiety and depression
- Improved circulation
- Improved lymphatic flow
- Improved range of motion
- Increased joint flexibility
- Reduced mental and physical fatigue and stress
- Relief from muscular tension and pain
- Improved sleep quality

SHOULD I TALK WITH MY DOCTOR BEFORE GETTING A MASSAGE?

Although massage therapy can be relaxing and therapeutic, it may be a good idea to check with your doctor first. Please consider if you have experienced any of the following:

- Currently undergoing treatment for cancer
- History of blood clots or bleeding
- Diagnosed with osteoporosis or weakened bones caused by a fracture or cancer
- Heart problems
- Infected or inflamed tissues

APPOINTMENTS

Appointments are required for a massage therapy session. Please call (765) 423-6885 to schedule your appointment.

COSTS

Deep tissue, Swedish or Sports:

- \$95 for 90-minute massage
- \$65 for 60-minute massage
- \$35 for 30-minute massage

Craniosacral:

- \$85 for 60-minute massage

LOCATION

Franciscan Health Outpatient Therapy
1260 North 17th Street
Lafayette, IN 47904

CONTACT US

For more information or to schedule an appointment, call (765) 423-6885.

FranciscanHealth.org



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The board certified massage therapists in the Franciscan Health Massage Therapy program offer a wide variety of therapeutic approaches to improve your health and well-being through hands-on manipulation of muscles and other soft tissues of the body.

WHAT CAN I EXPECT DURING A MASSAGE SESSION?

Location: Your massage session will take place in a quiet, relaxing, private room on a table designed for your comfort. You may choose to have soft music playing to help you relax.

Modesty: Most massage techniques are performed best while you are unclothed, however, it is important that you feel comfortable. The therapist will always make sure you are draped for warmth and modesty. If you ever feel uncomfortable, just let your therapist know what they can do to make adjustments.

Massage oils and lotions: Your massage therapist will use a light oil or lotion to allow your muscles to be massaged without causing excessive friction on the skin. Before your therapist begins the massage, please tell him or her if you have skin sensitivities or allergies.

Relaxing environment: While many people close their eyes and completely relax during a massage, some like to talk. You will have your choice of music to help you relax. It is your session so make yourself comfortable.

After the massage: Most people feel very relaxed following a massage. Some experience relief from long-term aches and pains, while others simply feel energized.

WHICH TYPES OF MASSAGE ARE AVAILABLE?

Swedish massage: Therapists use a combination of five basic strokes, all flowing toward the heart, to manipulate the body's soft tissues. The benefits of a Swedish massage may include general relaxation, relief from muscular tension and pain and improved circulation.

Deep-tissue massage: This type of massage incorporates greater pressure and trigger-point therapy to reach deeper muscle layers. Deep-tissue massage is used to help relieve chronic patterns of muscular tension.

CranioSacral Therapy: With the client fully clothed, the therapist uses distinctive light-touch techniques (pressure is about the weight of a nickel) to release tensions deep in the body to relieve pain



and aid in the improvement of whole-body health. A CranioSacral Therapy session can be used alone or combined with other massage therapies. Appropriate for migraines and headaches, chronic pain, fibromyalgia, stress and more.

Sports massage: During a sports massage session, the therapist will take into consideration "when, what and why" or the Timing, Technique and Intent of the session. It is important to know which of the following phases you are in: pre-event, post-event, recovery or maintenance. This allows the therapist to know which techniques would be best to use to reach the goal of the treatment. Some of the main goals of a sports massage include warming up tissues and muscles, increasing blood flow, stimulating nerve pathways, aiding in recovering, increasing range-of-motion or aiding in rehabilitation from an injury. By fully understanding the "when, what and why," the massage session can be tailored specifically to each client each time they are seen for treatment.

Please call our office at (765) 423-6885 for a list of other techniques we offer.