

Benefits of Massage

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.



“Not only is **massage** one of the **most effective** means of treating injuries — it is also one of the **most enjoyable**.

Body N Soul Massage



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Injury Treatment With Therapeutic Massage



Therapeutic Massage — For Injury Treatment

How Can Massage Treat My Injury?

Whether you have an acute muscle injury or a chronic, aching injury massage can help. Your therapist will be using different techniques to stop spasming muscles, stretch and realign muscle fibers and fascia, break up scar tissue, release old trigger points, and remove waste and debris from injured muscles. This will allow new blood to circulate; bringing in fresh oxygen to cells and tissues. All of this speeds the healing of the damaged muscle while relieving pain and discomfort.

In addition, your massage will enhance circulation, relax the nervous system, improve joint function and flexibility, improve lymphatic flow and give you a sense of well-being.

Massage can break the cycle of spasm and pain, decreasing both.

Will Massage Ever Hurt?

In general, massage is a relaxing experience that feels good. In some cases, treatment of a tight muscle or treatment on a painful injury may at first cause some discomfort, which will lessen after several minutes. A trained therapist knows that to have the most profound effect—deeper is not always better. Pressure is suited to your comfort level and does not go beyond.

How Often Will I Need Treatment and For How Long?

Frequency and length of treatment will depend upon how long you have had the injury, severity of injury, and how your body responds to treatment. Initially, your therapist may need to see you twice a week for several weeks to reduce pain levels and start your recovery. After that, you may need weekly massage until you reach a maintenance level of care. The sooner you receive massage after an injury the quicker your healing will progress.

Will My Insurance Cover Massage Therapy?

Massage is becoming more and more recognized as a valid modality to use in the treatment of soft tissue injury. As this acceptance is broadening, many private insurance companies are including massage and bodywork as covered benefits. You should check with your individual carrier to see if massage is available to you. In most cases a doctor's referral is needed and there must be proof of medical necessity.

Personal Injury Protection (PIP), primarily from car insurance, will cover massage with a prescription. Labor and Industry (and other state compensation plans) may also cover massage with a doctor's referral as part of a rehabilitative program.

In the treatment of muscular injuries the best way to encourage the healing process is through direct manipulation — in other words **MASSAGE** !