

Your personalized plan

On your first visit, your massage therapist will ask you general health questions and review any referring practitioner's recommendations. Your massage therapist will then assess your problem area to determine the best approach, perhaps by checking for restricted or painful movement, gently feeling for tenderness, and looking at your posture.



Your massage therapist will then decide on a plan which will focus on your problem area, along with other areas that may be related. Your therapist may recommend a series of massages. The appropriate frequency, duration and number of massage sessions for you will depend on your problem, its severity and how long you have had it, as well as your general health.

Insurance Coverage

Personal injury protection, primarily car insurance, will sometimes cover massage to help with recovery from an accident. With a prescription from your primary care provider, workers' compensation plans may also cover massage for on-the-job injuries. At present, few health insurance plans cover massage therapy but health care is changing rapidly. Check your policy for current coverage and monitor it for changes.

Self-care techniques

Your greatest benefit from massage could be learning ways to release tension or help heal injuries outside of your massage sessions. Your massage therapist might share relaxing breathing techniques or gentle exercises to increase flexibility and teach your muscles more efficient movements. Other common techniques you might learn are how to release tension by contracting and releasing muscles, pressing "trigger points," or using ice and heat.

Therapeutic
Massage -
How can it
help you?

Body N Soul Massage Deborah Shahadey Nationally Certified Massage Therapist

10032 US Hwy 150, West Terre Haute, IN
5 minutes North of St Mary of the Woods College
10 minutes North of Vigo Co. Courthouse
20 minutes North of Honey Creek Mall
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Does pain or restricted movement keep you from living the life you want? Sports injuries, household accidents, repetitive actions on the job, and tension from everyday stresses can all cause problems that, too often, take up permanent residence in our bodies.

Massage can help. Massage is a gentle therapy that can relieve pain and, in combination with other appropriate health care measures, can help heal certain conditions and prevent their return. In some cases massage can reduce or even eliminate the need for medication or surgery.

Massage can help with . . .

Stress

Massage is one of the best known antidotes for stress. Reducing stress gives you more energy, improves your outlook on life, and in the process reduces your likelihood of injury and illness. Massage can also relieve symptoms of conditions that are aggravated by anxiety such as asthma or insomnia. Because it relieves stress, massage is an excellent supportive therapy for people in psychological counseling or treatment for addiction.

Painful or tight muscles

Massage can relieve many types of muscle tightness, from a short-term muscle cramp to a habitually clenched jaw or tight shoulders. Some massage techniques release tension directly by stretching and kneading your muscles and their connective tissue coverings (called **fascia**). Other techniques work less directly, but quite powerfully, by stimulating your nervous system to allow your muscles to relax.

Delayed muscle soreness

After vigorous exercise, a buildup of waste products in your muscles can leave you feeling tired and sore. Massage increases circulation, which removes waste products and brings in healing nutrients.

Pain or tingling in your arms of legs

Muscles can become so contracted that they press on nerves to the arms, hands and legs, causing pain or tingling. If this happens, a massage to release muscle spasms in the shoulder or hip can bring relief.

Injuries

Massage can help heal injuries such as tendonitis that develop over time, as well as ligament sprains or muscle strains caused by accident. Massage reduces inflammation by increasing circulation, which removes waste products and brings nutrition to injured cells. Certain massage techniques can limit scar formation in new injuries and can reduce, or make more pliable, scar tissue around old injuries.



Secondary Pain

Massage can relieve secondary pain that can outlast its original cause. Some examples are headaches from eyestrain, a low back ache during pregnancy, or the protective tensing of healthy muscles around an injury.

Prevention of new injuries

By relieving chronic tension, massage can help prevent injuries that might be caused by stressing unbalanced muscle groups or by favoring or forcing a painful, restricted area.

Pain or restriction in joints

Besides releasing tight muscles that restrict joint movement, massage works directly on your joints to improve circulation, stimulate production of natural lubrication, and relieve pain from conditions such as osteoarthritis.

The effects of forced inactivity

There are many reasons you may be forced to limit physical activity including injury, surgery, paralysis or even normal aging. When this happens, massage can relieve your aches and pains and improve circulation to your skin and muscles. Even when an immobilized area cannot be massaged directly, the relaxation and increased circulation from a general massage can give you relief.

Fluid Retention

Massage increases your circulation which in turn drains tissues of excess fluid caused by recent injury, surgery or pregnancy.

How will a massage feel?

Massage on normal tissue is almost always a pleasant sensation. Massage in the area of an injury or chronic pain may at first cause some discomfort which usually lessens noticeably in the first few minutes. Your massage therapist knows ways to minimize pain, and will work carefully within what feels right to you. Always tell your massage therapist if you feel any discomfort so she or he can make adjustments.

Is massage always appropriate?

There are some conditions for which massage is not appropriate. Always tell your massage therapist if you have a medical problem, even a minor one. Also, let your primary health care practitioner know you are receiving massage. Some conditions require close communication between your massage therapist and your doctor or other health practitioner. Your massage therapist will gladly provide regular progress reports.

