

Is Massage Good for Me?

By Beth Cary, LMT, for Massage Professionals, Inc.

One of the goals of massage therapy is to help clients feel better. Massage offers so many benefits for your health and well-being that it would be a shame if you were hesitant about getting a massage. Massage is either indicated or contraindicated. Back pain, headaches and arthritis are some of the most common indications for massage. Contraindications fall into 3 groups:

- **Total Contraindication** – Massage cannot occur. For conditions such as fever, flu, recent surgeries, acute injuries or under the influence of alcohol/drugs.
- **Local Contraindication** – Specific areas of the body are excluded from the massage. For conditions such as cuts, abrasions and localized sunburn.
- **Medical Contraindication** – Massage requires written physician approval. For conditions such as heart problems or kidney disease.

Below are some situations where you may have questioned if massage was good for you. Our staff is very adept at customizing your massage session so it is right for you!

Medical Devices – let your therapist know if you have any medical devices. Depending on the situation most individuals with spinal fusion hardware; plates/rods/screws from traumatic fracture repairs; joint replacements; stents; ports; colostomy bags; dialysis fistulas; nephrostomy tubing; etc. can receive some kind of massage. The therapist needs to be made aware of your medical background in order to provide a safe, effective and comfortable massage.

Pregnancy – while not all massage therapist follow the precaution against massage in the first trimester, our staff does. Later in the pregnancy massage with special positioning through the use of bolsters and extra pillows is utilized.

Mastectomy – caring massage after mastectomy can help with post-operative pain, edema, scar adhesions and restoration of range of motion. In addition, the anxiety/stress reduction benefits of massage are calming for those who have undergone not only a rough physical journey, but also a very tough emotional experience.

Emotional Release – just as muscle tension is released in a massage so too are emotions. This is a normal part of massage. The release may come in the form of a sigh, laughter or even tears. The release may be from a past traumatic event (physical or emotional) or from weeks, months or years of accumulated stress. Your massage therapist is trained in emotional release. Together you can decide how to proceed. If you decide not to proceed with the massage, that is ok too.

The staff at your club is highly trained. We deal with a variety of conditions. We are here to help you feel better. Call the spa today at (239) 405-0463 and we will make the necessary adjustments so your massage experience is effective and enjoyable.

MM 27146