

Why you should choose Therapeutic Massage in a Healthcare Setting

More and more consumers are becoming educated about the benefits of massage, and many have experienced at least one massage. Too often, people only treat themselves to a massage while vacationing.

Maybe you have received a gift certificate for massage at a day spa for a birthday or holiday. I hope you used it!

Almost any massage produces some health benefits, and almost always just feels good. But when someone has a chronic or long-standing area of pain or discomfort, an injury, restriction in movement, or a serious illness or condition, it is prudent to seek the services of a professional massage therapist in a *healthcare* environment.

The effects of therapeutic massage are many, and well-documented in numerous carefully controlled studies. When you are coping with health challenges, you need the level of knowledge and understanding of anatomy and body systems possessed by an experienced massage practitioner with a focus on wellness, rather than simple pampering.

A licensed massage therapist with whom you feel comfortable is an important part of your health care team, and your association with him or her can become the closest and most trusted of your healthcare professionals. The nature of the work means the therapist spends more time with you than your primary physician is able to. When you regularly schedule massage appointments, your therapist is able to notice changes in your emotional or physical body at the beginning of a shift, and to suggest further investigation.

Wellness therapeutic massage, received over a period of time, will ensure your best opportunity to weather the affects of aging, of seasonal physical demands, of external and internal sources of stress.

The benefits of massage therapy are cumulative. The skilled therapist in a healthcare setting will work with you to determine your conditions, concerns and desired outcome. A treatment plan will be designed, sometimes in conjunction with a referring physician. You will be given some idea of what will be possible and how long it may take to get to that point. Self-care strategies you can implement between appointments will be recommended and explained.

A health-focused massage therapist maintains detailed progress notes, recording how you respond to various modalities, how other lifestyle or challenging activities affect you, and even your specific ambience preferences, to ensure that you feel welcomed and cared for at each session. This awareness is part of monitoring your condition, health and wellness over time.

Should research and experience indicate that working with another healthcare professional might enhance your well-being, the healthcare massage therapist will have associates to suggest especially for your issues. All will work together, with your approval, to find the best combination of treatments tailored just for you.

Your personal health care is a nonnegotiable category, and enjoying regular, ongoing therapeutic massage is an affordable ingredient to maintain the best quality of life for you. Choose a therapist who will keep your interests at heart as your personal health and wellness advocate, providing comfort and care over the long term.

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