

WHAT TO EXPECT

Where will my massage or bodywork session take place?

Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Who will perform the massage or bodywork?

Your session will be conducted by a trained professional who has received proper training, often in a variety of techniques. All practitioners are required to be licensed in the state of Indiana. Although no two massages are exactly alike, you may request a certain technique or modality.

Must I be completely undressed?

Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

Will the practitioner be present when I disrobe?

Your massage therapist will leave the room while you undress, relax onto the table, and cover yourself with a clean sheet.



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What parts of my body will be massaged?

You and your massage therapist will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders. You will not be touched on or near your genitals (male or female) or breasts (female).

What will the massage or bodywork feel like?

It depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. The oil also helps hydrate your skin. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork are most effective when you not resisting.

Will I be covered during the session?

You will be properly draped at all times to keep you warm and comfortable. Only the area being worked on will be exposed.

Are there different kinds of massage and bodywork?

There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strokes, rocking movement, posture and movement re-education, application of pressure to specific points, and more. Ask massage therapist about the methods he/she uses.

What should I do during the massage or bodywork session?

Make yourself comfortable. Your massage therapist will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes & completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

How long will the session last?

The average full-body massage or bodywork session lasts approximately one hour. A half-hour appointment only allows time for a partial massage session, such as neck and shoulders, back or legs and feet. Many people prefer a 60 to 90 minute session for optimal relaxation. Always allow relaxation time prior to and after the session. Hot tubs, steam baths, and saunas can assist in the relaxation process.



How will I feel after the massage or bodywork session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains that developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water following your massage.

Are there any medical conditions that would make massage or bodywork inadvisable?

Yes. That's why it's imperative that, before you begin your session, your massage therapist will ask you general health questions. It is very important that you inform your massage therapist of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Your massage therapist may require a recommendation or approval from your doctor.

What are the benefits of massage and bodywork?

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.

10 TIPS TO GET THE MOST FROM YOUR MASSAGE

1. Be as receptive and open to the massage process as possible.
2. Don't eat just before a massage session. Let your body digest your meal first.
3. Be on time. If you arrive in a frenzied, rushed state, it may take longer to relax.
4. Take off only as much clothing as you are comfortable removing.
5. Feel free to ask questions and communicate with your massage therapist,
6. Remember to breathe normally. Breathing helps facilitate relaxation. People often stop or limit their breathing when they feel anxious or a sensitive area is massaged.
7. Relax your muscles and your mind. Tightening up by contracting or hardening your muscles during the massage is counterproductive.
8. Drink extra water after your massage.
9. Don't get up too quickly and do allow for some open, quiet time after your massage session.
10. Be prepared to schedule several massage sessions. Massage has its greatest benefits over time.

BENEFITS OF MASSAGE

- ◆ Alleviates low-back pain and improve range of motion
- ◆ Medication dependence can be eased
- ◆ Improves muscle tone and helps prevent or delay muscular atrophy from forced inactivity. Weak, tight or atrophied muscles can be exercised and stretched
- ◆ Reduces spasms and cramping
- ◆ Joint flexibility can be increased
- ◆ It can help manage stress, which leads to decreased anxiety, enhanced sleep quality, greater energy, improved concentration, increased circulation and reduced fatigue.
- ◆ Facilitates circulation because the pressure created by the massage technique actually moves blood through the congested areas. This allows new blood to flow in. Lower blood pressure and improve body function can also be a result of increased circulation.

Increase the Benefits with Frequent Visits

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. **Remember:** just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to establish a treatment schedule that best meets your needs.



- ◆ Promotes tissue regeneration, reducing scar tissue and stretch marks
- ◆ Massage relaxes and softens injured, tired and overused muscles.
- ◆ Relax and soften injured, tired and overused muscles.
- ◆ Enhances immunity by stimulating lymph flow—the body's natural defense system
- ◆ Helps athletes of any level prepare for, and recover from, strenuous workouts.
- ◆ Improve the condition of the body's largest organ—the skin
- ◆ Pump oxygen and nutrients into tissues and vital organs, improving circulation
- ◆ Release endorphins—amino acids that work as the body's natural painkiller.
- ◆ Relieve migraine pain.
- ◆ Arthritis sufferers note fewer aches and less stiffness and pain