Massage Therapy (Teen)

Massage therapy is a soft tissue manipulation designed to provide relief from injuries and certain chronic or acute conditions. Massage can release painful muscle tension, improve circulation, boost the immune system, decrease anxiety and elevate mood.

A massage therapy appointment will be scheduled at your health care provider’s request. Drink at least eight ounces of water before your treatment. Do not eat a large meal immediately before the massage. Before the treatment, the massage therapist will ask some questions about how you feel. Special attention will be given to those areas of your body that will benefit most from massage.

The massage room will generally be warm and quiet. The massage treatment is usually done on a padded table designed for stability and comfort. You will be asked to lie on your right or left side, back or tummy. The therapist may use lotions or creams that are good for your skin and absorb well. Soft music may be used to encourage rest and relaxation. The length of your massage session will be 30-60 minutes. Some patients may require massage services in their hospital room; in that case, the massage therapist will provide a bedside treatment.

After a massage:

After a session, most patients feel very relaxed. Many experience freedom from aches and pains that have built up from tension, physical activity or inactivity. After an initial period of feeling sleepy or drowsy, patients often experience an increase in energy and a sense of well-being that can last for several days. Some people may experience a bit of muscle soreness 1-2 days after the treatment.

It is important to drink plenty of water before and after the massage to reduce possible post-massage symptoms. Most patients are thirsty immediately after the massage. You are drinking enough water if the color of your urine is pale yellow to clear. If you do not drink enough water, you may have a headache after the massage. If that happens to you, let the headache be a reminder to drink more water.

Your massage is designed to be comforting and very relaxing. It is a good idea to allow some rest or quiet time after the treatment. The benefits of the massage will last longer if you can remain calm and quiet after the treatment. Each subsequent massage session will allow a deeper and deeper relaxation response which will benefit your overall health and well-being.

Call your massage therapist or health care provider if:

- You have anything more than mild muscle soreness after your treatment.
- You have questions or concerns.