

Massage Patient Information Sheet

Michelle Grant and Stacy Gresser
Student Physical Therapist Assistants
Lane Community College
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What Is Massage...

Massage is a hands-on technique to enhance circulation, decrease pain, and increase range of motion in soft tissues. There are multiple techniques used in massage, all of which include specific, manual strokes or pressure. Each is designed to reduce postural and structural dysfunction from strain and overuse and can be used in a physical therapy plan of care.

Intended Outcomes...

Massage has been shown to be effective in increasing relaxation, decreasing muscular tension and pain, decreasing anxiety and stress, improving posture and decreasing blood pressure. The intended outcomes will largely depend on your physical condition, signs and symptoms you're currently experiencing and your specific goals for this visit.

Common Conditions and Impairments...

It is used for a variety of common/chronic conditions which include pinched nerves, bursitis, sciatica, low back pain, arthritis, carpal tunnel syndrome, tennis elbow, rotator cuff injuries, migraine headaches, tension headaches, and TMJ, etc. Many types of trauma, overuse, and misuse can cause injuries leading to soft tissue pain due to compensation.

What to Expect...

Before therapeutic massage begins the PT/PTA will discuss any questions or concerns that you may have. Only the target area will need to be exposed and proper draping techniques will be used to maintain modesty. What the massage feels like will depend on what technique is being used. Various techniques utilize different strokes. Therapists may use a combination of light strokes, kneading, rolling, vibrational, percussive and tapping movements, with the application of oil or lotion, to reduce friction on the skin if needed.

Safety, Precautions, and Contraindications....

If you have any of the following, please consult your PCP. and/or the PT/PTA before treatment. Fever/flu symptoms, redness, swelling, or warmth of an area on your skin, fracture, history of bleeding disorders, swelling, localized infection, a history of weak or bulging blood vessels, acute rheumatoid arthritis, history of cancer, a history of a bone marrow infection, osteoporosis, advanced diabetes, or fibromyalgia.

Additional information...

Speak with your PCP and/or your PT/PTA about any concerns you have regarding therapeutic massage. They can also refer you to a Licensed Massage Therapist in your area if you would like to experience massage outside of your physical therapy treatment.

American Massage Therapy Assoc. has a massage information and consumer guide. www.amtamassage.org
National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) www.ncbtmb.org
Soft Tissue Mobilization by Gregory S. Johnson http://www.andoaston.com/STM_IPA.pdf
