



What to Expect From Your Massage Therapist

Today's massage therapist must be well educated and professionally trained. In most states credentials, licensing or certifications are required to be prominently displayed.

In order to obtain the degree of professionalism necessary, a massage therapist must thoroughly master anatomy and physiology, and display competence in a number of massage techniques. It is important to understand that every massage therapist is unique in style and specialty .. so it follows that the best way to find out what you can expect from massage therapy is to ask your massage therapist.

The term "massage therapy" encompasses a wide variety of modalities; Shiatsu, Swedish, Myofascial Trigger Point, Nueromuscular Therapy, Sports Massage and Reflexology are just a few of the many modalities available today. Some therapists may specialize in one type of massage such as pregnant mothers, while others focus on meeting the needs of athletes, the elderly, office workers or people recovering from surgery or muscular injuries.

To best serve a wide variety of massage clients, most therapists cross train in many techniques, and seek to broaden their skills throughout their career. Whatever their education or back ground, your massage therapist is your partner in improving and maintaining the quality of your life.

Discuss your goals, as well as any medical conditions with your massage therapist.

Ask questions about terms or techniques you may not understand.

If your therapist is unable to meet your needs, he or she may be able to refer you to the appropriate therapist or health care professional.

Most massage therapists have convenient office hours to fit your busy lifestyle, although you may have to wait a few days for an appointment. When you call for an appointment, be sure to let your massage therapist know if you are in pain or if you were referred by a doctor.

Sessions can vary in length and are based on your needs and goals. Massage therapy is based on treatment--not magic. Results are often very dramatic and are attributed to the amount of time and support the massage therapist is able to provide during each session.

As a rule, you will require five to ten sessions to fully attain the benefits or to realistically evaluate your progress. After the initial sessions are completed, review the frequency of visits with your therapist to set the appropriate schedule to maintain the best results.

Please Press Your BACK button on your server to return to the

Massage Web Page!