

MASSAGE THERAPY

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

WHAT IS MASSAGE THERAPY?

Massage therapy, also known as therapeutic massage, refers to a range of therapies that use touch to encourage relaxation and promote physical and psychological healing.



fig. 1 & 2 - A variety of techniques, such as kneading and tapping, are used to loosen up tight muscles and encourage circulation.

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FOUR THINGS YOU SHOULD KNOW ABOUT MASSAGE THERAPY:

1.

Research has proven therapeutic massage to be an effective therapy for the mind and body. In studies, massage has been shown to help speed the recovery of surgery patients, increase the productivity of office workers, relieve lower back pain and other musculoskeletal issues, reduce lymphedema after mastectomy, encourage relaxation and enhance one's sense of well being.

2.

There are currently 100,000 massage therapists in the United States. Massage therapists specialize in techniques such as Swedish, deep-tissue, integrative, orthopedic, sports and pre/postnatal massage. They may also perform myofascial manipulation, acupressure and manual lymph drainage.

3.

A massage received at The Center for Integrative Medicine can go beyond just relaxation and benefit patients with medical conditions. Our therapists are experienced in working with patients who suffer from complex medical conditions, as well as healthy patients trying to maintain their health.

4.

During massage therapy, your body metabolizes and releases waste products. To expedite the removal of these toxins, drink plenty of water before and after your session.

WHAT HAPPENS DURING YOUR THERAPY:

BEFORE YOUR MASSAGE

To help determine what massage program is right for you, your therapist will ask you to fill out a brief questionnaire regarding your health and medical history. Anyone can benefit from massage therapy; however, in the presence of certain illnesses or conditions, your therapist may have to modify his/her technique. Specifically, please inform your therapist if you have low blood counts, a lymph disease, bone disease, sensitive skin, are undergoing radiation, are pregnant or nursing or have any problem areas where you'd like extra attention. If you are taking any medicines, herbs or supplements, please inform your therapist.

DURING YOUR TREATMENT

You will be taken to a warm, comfortable room where you will be given privacy to disrobe and relax on the table. A sheet will always cover your body, and only the parts being massaged will be exposed. Your therapist will apply a light cream, lotion or oil to your skin to reduce the friction created by massage. As your massage is being performed, feel free to talk, listen to music, rest your eyes or sleep. At the conclusion of your therapy, enjoy a moment of privacy to relax and re-dress.

AFTER YOUR MASSAGE

Expect to leave your massage feeling calm, relaxed and free of aches and pains. After an initial period of extreme relaxation, patients often experience several days of increased energy. Depending on the depth and intensity of the massage performed, it is possible to feel mild muscle aches for one or two days after therapy.

CONDITIONS HELPED:

ANXIETY

ARTHRITIS

BACK AND NECK PAIN

CARPAL TUNNEL SYNDROME

CIRCULATORY PROBLEMS

DEPRESSION

DIGESTIVE DISORDERS

FIBROMYALGIA AND MYOFASCIAL PAIN

HEADACHES

INSOMNIA

POST-MASTECTOMY LYMPHEDEMA

PRENATAL/POSTNATAL

SINUSITIS

SPORTS INJURIES

TMJ DYSFUNCTION

SCHEDULE YOUR APPOINTMENT

If you would like to schedule a therapeutic massage, please call The Center for Integrative Medicine at 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm, with limited evening spaces also available.

HOW MUCH DOES IT COST?

The cost of therapy varies depending on the type and the length of each visit.

We offer 30, 45, 60 and 90-minute massage therapy appointments. The cost ranges from \$30-\$100 per session. Occasionally, insurance will cover massage therapy.

All prices are subject to change.

CONTACT INFORMATION

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