



KNOW BEFORE YOU GO MESSAGE THERAPY (MT)

Massage therapy focuses on manipulating your muscles to relax you and create more blood flow. The goal of massage therapy is to help repair injuries with a focus on getting back to normal work tasks.

WHAT TO EXPECT

Your Evaluation:

- On your first therapy visit, you and your licensed massage therapist will talk about your medical history, medications, areas of worry, level of pain and what makes your pain better or worse
- Massage therapy can affect your heart and nervous systems so honesty is a must
- Arrive 15-20 minutes early to your first appointment for any paperwork
- Bring:
 - A list of all medications you are taking
 - Any medical reports or test results about your injury
 - A photo ID
- Plan to remove your jewelry
- Reschedule your appointment if you have a fever, skin irritations (sunburn or poison ivy), or if you're trying to stabilize your medications
- Drink plenty of water and do not eat right before your massage
- Please follow your doctor's advice about medications
- Before the massage starts, your therapist will tell you the next steps in your treatment plan and leave the room for you to undress to your comfort level
- Make sure to let the therapist know your level of comfort while on the massage table, if you are cold or hot, or if you are uncomfortable
- Once the massage ends, the therapist will leave the room for you to get dressed
- After your massage, you might feel a bit light headed, take your time getting off the table, do not jump right off

Follow Up Appointments:

- Drink lots of water
- Go to all your appointments
- Make up any missed appointments

THE BASICS:

- Only the body part being worked on will be uncovered, the rest of your body will be covered
- Tell your therapist about your:
 - Symptoms
 - How your injury happened
 - Test results
 - Job duties
 - Other doctor or therapist visits
 - What gives you relief for your symptoms
- Visits are about 30 minutes to 1 hour



QUESTIONS OR CONCERNS?

Call 866.389.0211 to speak to a
One Call Representative.



This content is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider with any questions you may have.

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