

# Frequently Asked Questions...

*Here are some FAQs that may help answer your questions or concerns. Please contact us if your concerns are not answered here.*

## ***What is the difference between “therapeutic” and “relaxation” massage?***

Therapeutic massage addresses specific muscle issues a client may have. For instance, for clients who spend 80% of their work day at a computer the Therapist will check the neck, pectoral, traps, upper and lower arm muscles. If something is going on, the Therapist may spend the whole hour on the upper body massage. With Relaxation massage, a more general whole body massage is provided in which all the major muscle groups are addressed. Not much time is spent on any specific group of muscles.

## ***What should I expect on my first appointment?***

- First, you will need to complete a two sided intake form to describe your pain.
- Second, you will need to decide if you prefer to get a massage with or without lotion. If you prefer to leave your clothes on, please choose loose fitted gym type clothes that are softer in nature. Tank tops with gym shorts would be most ideal. If you prefer lotion, you may leave your underwear on and a drape is used to cover your body.
- Third, give your Massage Therapist feedback on the amount of pressure you prefer. Your Therapist will start light and then gradually increase pressure as the massage continues. The pressure is usually firm but may seem deep with injured muscles. Feedback is important to avoid bruising. A feel good pressure is about 7 on a scale of 1 – 10. You need to let your Therapist know if it hurts as 8 – 10 pressure will leave you sore for a few days after the massage.
- Lastly, when the massage is completed be sure to drink plenty of water for the first 24 hours after your massage. This will help remove toxins (such as lactic acids) out of the muscles and will help eliminate waste products out of the body.

## ***How often should I receive a massage?***

- Worker’s compensation and auto accident patients will receive a prescription from their doctor which dictates how many time(s) per week massage therapy is authorized. These individuals will need to follow their prescription for maximum benefit.
- Individuals with chronic pain or recent injury, usually come in weekly for a few weeks and gradually lengthen the time between appointments. Every client has different needs, resources and philosophy of life, so “how often” really is what works best for you - whether that is once a week, biweekly, monthly, or bimonthly.