Massage

Sheri Jones, LMT, CMLDT
History

Massage Therapy rooted in ancient history

Becomes Popular in the 1940’s & 1950’s

Valuable component of Integrative Health today
CAM

Complimentary
Alternative
Integrative
1988
Establishment of the National Center of Complimentary and Alternative Medicine (NCCAM) as part of the National Institute of Health (NIH)
Per Andrew Weil, MD, “alternative insinuates instead of; complimentary indicates a nice add on, fluff; integration is a true coming together and cross acceptance of the medical models”.

Founder and Director of the Arizona Center for Integrative Health at the University of Arizona
Benefits of Therapeutic Touch
Did you know a simple massage could...

- relieve stress
- relieve anxiety
- ease muscle tension
- promote digestion
- lower blood pressure
- improve sleep
- improve circulation
- ease pain
- promote an overall sense of well-being
A good massage from a caring massage therapist:

aids in increased comfort

increases the number red and white blood cells by improving circulation which nourishes the tissues

improves action of lymphatic system

results a speedier recovery
Some Specialized Massage Modalities

Relaxation
Medical
Oncology
Manual Lymphatic Drainage
Spurgeon Method™ Breast Massage
The Spurgeon Method™

“Breast Friend” Benefits

Benefiting body, mind and spirit
  Reduces pain
  Eases apprehension
Activates the parasympathetic nervous system
Strengthens one's confidence to open up again
Technique for making expansion process bearable
Flow & movement of lymphatic system
  Relieves pressure
  Increases range of motion
  Enhances breathing
Noticeable changes
  Decreases swelling
Benefits of massage for Healthcare Providers

- improved quality of patient care
- increased productivity
- improved morale
- decreased staff turnover
- decreased sick time
- decreased worker’s comp claims
- decreased staff turnover
Healing Hands Matter
Touch is highly sensitive, and influences our direct experience of life.
Sometimes a kiss or a hug will make it all better