



## A MESSAGE FROM YOUR MASSAGE THERAPIST

Perhaps this is your first experience with massage, or your first introduction to a new massage therapist. As a client of massage, you will be receiving one of the oldest and most natural health care treatments available.

Swedish massage is the most basic technique used to restore function to injured or stressed areas of the body. Your massage therapist will likely use multiple techniques along side Swedish or, depending on the nature of your condition, use different techniques instead of Swedish. Examples of other techniques used are trigger point, deep tissue and muscle energy techniques. Feel free to ask your massage therapist what techniques they use. He or she will be more than happy to answer your questions.

Massage at Heresco Chiropractic is done in a quiet, comfortable, and professional environment. This provides both client safety and confidentiality. Your care is our first and foremost priority. As such, you will be modestly covered throughout your massage and *please, let your therapist know* if you have any special instructions or concerns.

### PRE MASSAGE

Please arrive a few minutes before your scheduled massage to help keep the schedule running smoothly. Your therapist will discuss with you areas of complaint and disrobing needs before your massage begins so that you understand what will happen during your massage. Most commonly, you will be asked to disrobe to your comfort level. This means exactly that- your comfort level. If you are not comfortable disrobing, your therapist will be able to adjust their technique accordingly. Your therapist will instruct you as to whether you will begin face down or face up and any other details of the massage and leave the room so you may get ready. They will knock before re-entering to be sure you are ready.

### DURING YOUR MASSAGE

Remember to breath during your massage. This will help the muscles relax, making your massage more enjoyable. As gradual pressure is applied, your therapist will communicate what is taking place so you can better understand and enjoy your massage. Please give your massage therapist feedback about wanting more or less pressure, a blanket, bolster, pillow, etc.

### AFTER YOUR MASSAGE AND THE NEXT DAY

When the massage is over, your therapist will step out of the room so you may redress. Your therapist will be waiting for you outside of the room with a bottle of water for you. Remember to increase your water intake for the day or two following your massage. This will help cleanse your body of metabolic wastes, toxins, and other naturally occurring enzymes. The increased water will also help relieve any muscle soreness that may occur. Soreness may still occur, regardless of water intake. Please call us if there is any soreness beyond 3 days, or if at anytime, you experience any sharp pains or muscle spasming.

Thank you very much and enjoy your massage,  
*Peter Hartman, LMT*

## HERESCO CHIROPRACTIC

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