

SAFE AND SOUND

Pain Management

PRESCRIBING

Massage Therapy

Massage therapy is a moderate pressure massage applied by a trained massage therapist to soft tissues of the body by pressing, rolling, kneading, and rubbing movements. Massage stimulates pressure receptors and increases vagal activity and reduces cortisol levels. It is used for promoting circulation, reducing pain, eliminating waste products from the body, and relaxing muscle and nervous tissues. It has contributed to many positive effects including increased weight gain in preterm infants, reduced pain in different syndromes including fibromyalgia and rheumatoid arthritis, enhanced attentiveness, reduced depression and enhanced immune function. Types of massage include:

- Swedish massage - long strokes, kneading, deep circular movements, vibration, and tapping.
- Sports massage - combines techniques of Swedish massage and deep tissue massage to release chronic muscle tension. It's adapted to the needs of athletes.
- Myofascial trigger point therapy - focuses on trigger points—areas that are painful when pressed and are associated with pain elsewhere in the body.
- Massage therapy is sometimes done using essential oils as a form of aromatherapy.

Indications

- Back pain
- Neck or shoulder pain
- Muscle spasm
- Muscle weakness
- Whiplash
- Nerve injuries
- Carpal tunnel syndrome
- Sciatica
- Poor circulation
- Tendinitis
- Arthritis
- Fibromyalgia
- Constipation
- Headaches and migraines
- Sinus disorders

General Contraindications

For certain medical conditions massage therapy is generally contraindicated, or should be avoided at the time. These include:

- systemic contagious or infectious diseases, including the common cold
- acute conditions requiring first aid or medical attention
- severe unstable hypertension
- Significant fever
- Meningitis
- Hemorrhage

- Severe Hemophilia
- Advanced kidney disease
- Liver failure
- Pitting edema
- Endocarditis/pericarditis
- Severe Arthrosclerosis
- Acute pneumonia

Local Contraindications

For the following conditions massage therapy is locally contraindicated, or the affected areas are to be avoided:

- Acute flare-up of inflammatory conditions such as rheumatoid arthritis
- Deep vein thrombosis
- aneurism
- frostbite
- local contagious or irritable skin conditions
- open sores or wounds
- recent surgery
- recent burn
- varicosities
- malignancy

How to order massage therapy for an outpatient/inpatient at CCMC:

EPIC:

- Inpatient - Inpatient consult to massage therapy referral
- Outpatient – Ambulatory referral to massage therapy

Insurance coverage

Massage therapy is rarely covered by insurance, however it is a free service at CCMC and is available to all patients. A pain managed consult is not necessary.