

St Helens Hospital
Marshalls Cross Road
St Helens WA9 3DA

01744 646166

Massage

This factsheet is for people who are planning to have a massage treatment or who would like information about it.

Massage is the manipulation of the top layers of muscle which may enhance function and promote relaxation and wellbeing. It involves acting on and manipulating the body with manual pressure. Areas that it may help include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels.

Massage is **Not** an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrines or biological therapy).

Your care will be adapted to meet your individual needs and may be different from what is described here. **Therefore, it is important that you follow your massage therapist's advice.**

About Massage

Massage can be applied with the hands, fingers, elbows, knees, forearms, and feet. In professional settings massage involves being treated while lying on a massage table, or sitting in a massage chair. A person may be fully or partly unclothed and parts of the body may be covered with towels or sheets.

Many different types of oils can be used including, grape seed oil, olive oil, almond oil, sesame oil. Aromatherapy oils such as neroli and pine oil can also be mixed with carrier oils.

Some of the conditions massage may assist with:

- Anxiety, stress or insomnia
- Muscular aches and pains
- Headaches
- Digestive problems
- Blood pressure
- Circulation

About the procedure

During your first visit you will be given a detailed assessment. The massage therapist will ask you questions about your medical history, lifestyle and health problems. She/he will also discuss the area of the body to be worked on and the level of massage to be used. Massage will not start until you have given consent in writing. Each session will last about 50 minutes.

You can ask any questions you might have. Your therapist will not make a medical diagnosis as he or she is not trained to do so. However, your therapist can advise you on after care following a massage treatment. She/he may then choose a blend of oils and a way of applying them specifically to your needs. Essential oils are diluted with vegetable based oil.

If you are having a massage your therapist may mix the chosen oils with what is called carrier oil. These light oils, mainly obtained from nuts such as almond or grapeseed, 'carry' the essential oils and provide lubrication for massage.

It is important to tell your therapist if you have a nut or other allergy.

You may stop the therapy at any time including mid-session if you want to – simply ask the therapist to suspend the session

If you want to stop therapy after treatment – please telephone the Lilac Centre and ask for Complementary Therapy Co-ordinators.

What are the risks?

Most people feel calm and relaxed after a treatment. Occasionally, people experience mild temporary aching for a day. **Please tell the Massage therapist if you have a wound.**

Massage therapy is not recommended for:

- People with infectious skin disease, rash or open wounds
- Immediately after surgery
- Immediately after chemotherapy or radiation unless recommended by your doctor
- People prone to blood clots
- Heart disease
- Pregnant women
- Massage should not be done directly over bruises, inflamed skin
- Tumours
- Abdominal Hernia
- Areas of recent fractures

All our therapists are fully qualified.

If you have any concerns, complaints or compliments about the service, or if you have used the therapy for specific symptom relief please put all comments in writing and / or speak to one of the Complementary Therapy Co-ordinators who manage this service.

**If any new symptoms arise or any existing symptoms get worse
seek medical advice immediately**

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach

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