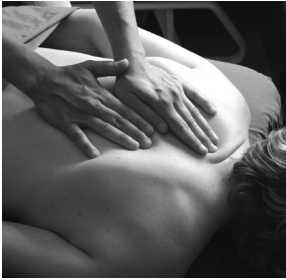


# Massage Therapy



Pain control is often a major concern for cancer patients. Massage therapy, one of many complementary therapies available at the Swedish Cancer Institute, is a proven technique in the control and management of pain.

## What is massage therapy?

Massage is a therapy in which licensed massage therapists apply pressure to the soft tissues of the body to stimulate nerves and increase blood flow. This in turn relaxes muscles and relieves stress. The goal is to relieve tension and anxiety, which can lead to decreased pain and a reduced need for pain medications.

## Benefits of massage therapy

Massage therapy has been found to help relieve symptoms related to cancer, as well as side effects from related treatments and medical procedures, such as nausea, fatigue, insomnia, pain and distress. Other benefits for cancer patients may include:

- Pain reduction
- Increased relaxation
- Reduced muscle tension
- Improved circulation and function

Research has shown that massage stimulates and awakens the natural healing process of the body to restore health and well-being. Attentive relaxation massage has greatly benefited many cancer patients and caregivers both physically and emotionally.

## What to expect

Massage consists of gentle stroking, kneading or mild stretching of the muscles either while in a seated position (chair massage) or a full-body massage while lying on a table. Massage may be done through a patient's clothing or on exposed skin. All massage services will be tailored to meet any special needs or precautions a patient may have. Patients should consult with their oncologist or patient-care team before receiving a massage.

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*For more information or to sign up for a massage therapy session, please call 206-215-3007.*



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