

Massage Therapy



What is massage therapy?

Massage therapy, also known as therapeutic massage, refers to a range of therapies that use touch to encourage relaxation and promote physical and psychological healing.

Four things you should know about massage therapy:

- 1** Research has proven therapeutic massage to be an effective therapy for the mind and body. In studies, massage has proven to help speed the recovery of surgery patients, increase the productivity of office workers, relieve lower back pain and other musculoskeletal issues, reduce lymphedema after mastectomy, encourage relaxation and enhance one's sense of well-being.
- 2** There are currently 100,000 massage therapists in the United States. Massage therapists specialize in techniques such as Swedish, deep-tissue, integrative, orthopedic, sports and pre/postnatal massage. They may also perform myofascial manipulation, acupressure and manual lymph drainage.
- 3** A massage received at the Integrative Medicine Center can go beyond relaxation—benefiting patients with medical conditions. Our therapists are experienced in working with patients who suffer from complex medical conditions as well as healthy patients trying to maintain their health.
- 4** During massage therapy, your body metabolizes and releases waste products. To expedite the removal of these toxins, drink plenty of water before and after your session.



What happens during your therapy:

Before your massage.

To help determine which massage program is right for you, your therapist will ask you to fill out a brief questionnaire regarding your health and medical history. Anyone can benefit from massage therapy; however, in the presence of certain illnesses or conditions, your therapist might have to modify his/her technique. Specifically, please inform your therapist if you have low blood counts, a lymph disease, bone disease, sensitive skin, are undergoing radiation, are pregnant or nursing or have any problem areas where you'd like extra attention. If you are taking any medicines, herbs or supplements, please inform your therapist.

During your treatment.

You will be taken to a warm, comfortable room where you will be given privacy to disrobe and relax on the table. A sheet will always cover your body, and only the parts being massaged will be exposed. Your therapist will apply a light cream, lotion or oil to your skin to reduce the friction created by massage. As your massage is being performed, feel free to talk, listen to music, rest your eyes or sleep. At the conclusion of your therapy, enjoy a moment of privacy to relax and dress.

After your massage.

Expect to leave your massage feeling calm, relaxed and free of aches and pains. After an initial period of extreme relaxation, patients often experience several days of increased energy. Depending on the depth and intensity of the massage performed, it is possible to feel mild muscle aches for one or two days after therapy.

Conditions helped:

- Anxiety
- Arthritis
- Back and neck pain
- Carpal tunnel syndrome
- Circulatory problems
- Depression
- Digestive disorders
- Fibromyalgia and myofascial pain
- Headaches
- Insomnia
- Post-mastectomy lymphedema
- Prenatal/postnatal
- Sinusitis
- Sports injuries
- TMJ dysfunction

Schedule your appointment.

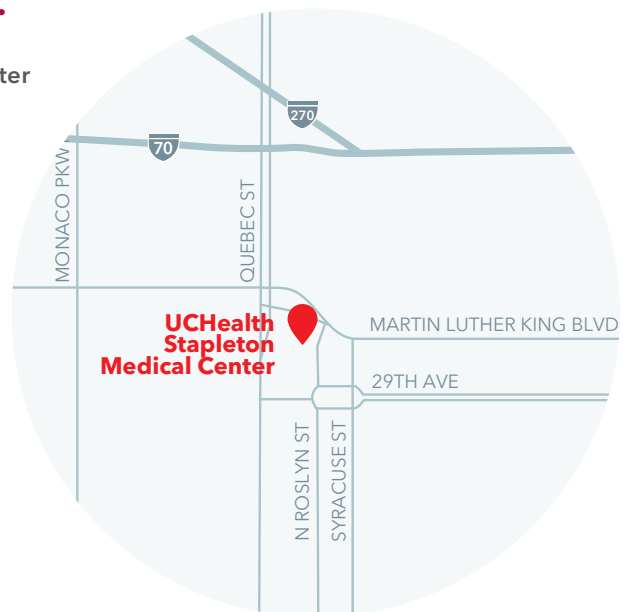
If you would like to schedule a therapeutic massage, please call the Integrative Medicine Center at 720.553.2750. Appointments can be made Monday through Friday, 8:00 a.m.–4:30 p.m., with limited evening spaces also available.

How much does it cost?

The cost of therapy varies depending on the type and the length of each visit. Occasionally, insurance will cover massage therapy.

Contact information.

Integrative Medicine Center
UCHealth Stapleton Medical Center
3055 Roslyn Street, Suite 250
Denver, CO 80238
P: 720.553.2750
F: 720.553.2763



By making this information available, UCHealth and the Integrative Medicine Center do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

Learn more at uchealth.org