

workers' compensation, insurance may likely cover massage, bodywork, or somatic therapies when prescribed by a physician. If your insurance covers chiropractic or osteopathic services, the services of a bodywork professional may be covered when prescribed by a chiropractor or osteopath. Therapies provided as part of the prescribed treatment by a physician or registered physical therapist are often covered. The best thing to do is check with your insurance company to see exactly what is covered under what circumstances.



Compliments Of:

## Finding A Qualified Practitioner

Your massage services should be provided by a professional who has received proper training. Don't hesitate to ask practitioners about their background, training, and experience. Referrals from friends can usually be relied on. Members of Associated Bodywork & Massage Professionals have met eligibility requirements regarding training and must adhere to a strict code of ethics in order to remain members.



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# Geriatric Massage

## A Brief History of Massage

Massage is considered to be among the oldest of all treatments used by man.

Chinese records dating back 3,000 years documented its use. The ancient Hindus,

Persians, and

Egyptians used

forms of massage

for some ailments

and Hippocrates

wrote papers rec-

ommending the

use of rubbing

and friction for

joint and circula-

tory problems.

Today, massage is

an accepted part

of many physical rehabilitation pro-

grams and has proven beneficial to

many chronic conditions such as low

back pain, arthritis, and bursitis.

Massage helps relieve the stress and ten-

sion of everyday living.



## How Will It Benefit Me?

According to Dietrich Miesler, founder of the renowned Day-Break Geriatric

Massage Project, “a regular, weekly mas-

sage is the best prevention to most of

the problems of aging.” With a therapist

trained specifically in geriatric massage,

you can not only benefit from the heal-

ing touch of another, but also diminish

or eliminate some of the nagging effects

of aging.

Geriatric massage can increase blood

circulation, combat depression,

improve balance and flexibility, reduce

the pain of arthritis, increase joint

mobility, improve posture, and encour-

age overall well-being.

## What Should I Be Prepared For During The Massage

Whether having the massage at your

home or at the practitioner’s office,

there are certain things you should

expect during a massage. Most massage

and bodywork techniques are tradition-

ally performed with the client

unclothed; however, you may decide

what amount of clothing you prefer to

wear for your own comfort. The practi-

tioner will leave the room while you

undress, relax onto the table, and cover

yourself with a clean sheet. Throughout

the session, you will be properly draped

or covered. Only the area being worked

on will be exposed. A light oil or lotion

may be used to permit your muscles to

be worked on without causing exces-

sive friction to the skin. The average

full-body session lasts approximately

one hour, but some clients enjoy short-

er, 30-minute sessions.

## Should I Have A Doctor’s Permission?

In most cases, the

answer is yes. If you

have a specific health

condition, you must

receive permission

from your physician

to proceed with mas-

sage. Oftentimes, the massage therapist

will ask to speak to your doctor directly.

This is merely a precaution to ensure

your good health. As with any popula-

tion, there are certain conditions that

are contraindicated for massage, hence

the importance of communication.



## Will My Insurance Cover Massage Or Bodywork Services?

If you are in an automobile accident or

have a job-related injury covered by