

MASSAGE FOR THE CANCER PATIENT

Massage is one of the oldest forms of treatment known to man. Rubbing an aching body part or stroking one's hand is a healing instinct common to all cultures. Along with other therapies, such as meditation and visualization techniques, massage has a role to play and helps in creating more comprehensive cancer care.

Massage Therapy is the application of skilled, sensitive, and compassionate touch by professionally trained therapists, with the specific intention of promoting the healing process, improving clinical outcomes, and encouraging higher levels of wellness both in patients and those who care for them.

BENEFITS OF MASSAGE FOR CANCER PATIENTS:



- Increases relaxation and decreases stress levels
- Relieves muscle soreness
- Increases mental clarity and alertness
- Improves sleep
- Decreased anxiety and depression
- Increases range of motion
- Increases the effectiveness of other treatments, such as pain medication and physical therapy
- Decreases symptoms related to chemotherapy & radiation -nausea and fatigue
- Helps re-establish a positive body image
- Gives the patient a sense of participation in the healing process



George Komar,
Massage Therapist
123 East Road
Toronto, OH 43964

THERAPEUTIC MASSAGE & CANCER



OHIO VALLEY
MASSAGE
ASSOCIATES

THERAPEUTIC MASSAGE FOR CANCER PATIENTS

Cancer patients at almost every stage of their experience are finding comfort at the hands of skilled massage therapists. In addition to the general health benefits of a good massage, cancer patients have reported relief from a number of the physical, mental and emotional discomforts related to the disease and its treatment.

Specifically, massage may

- Decrease symptoms related to radiation and chemotherapy,
- Increase the effectiveness of some cancer treatments,
- Strengthen the immune system and reduce the need for pain medication.
- Stimulates faster wound healing and can address problems related to surgery like adhesions and scarring, and edema and lymphedema.
- Contributes to emotional well being by helping to reduce stress and anxiety and providing pleasant social interaction.



EMOTIONAL BENEFITS OF MASSAGE

- Decreases anxiety and depression
- Increases feelings of well being
- Provides relief from isolation
- Offers meaningful social interaction
- Provides a pleasant distraction
- Helps re-establish a positive body image
- Empowers patients to participate in their healing process
- Helps rebuild hope.

WHAT DOES THE PATIENT NEED TO KNOW?

- Is the therapist Nationally Certified, licensed and certified in the state in which they practice?
- Does the therapist take continued education units (CEU's) to learn new techniques.
- Does the therapist educate their patients on the problem or condition?
- Does the therapist follow the NCTMB and ABMP code of ethics?

GEORGE KOMAR

Medical Provider Massage Therapy
Ohio & Federal BWC-Certified
Nationally Certified
Licensed: Ohio & WV

- Massage Therapist...Licensed in Ohio, West Virginia and Nationally Certified (NCTMB) Serving the Tri-State Area.
- CERTIFIED and CEU's:
Myofascial Release, Trigger Point Therapy, Acupressure, Manual Lymph Drainage, Pre-Natal, Deep Tissue Massage, Swedish Massage, Comfort Touch, Medical Massage for Extremities, Cervical, Thoracic and Lumbar regions, Full Body Relaxation, Reiki, Couples Massage, Seated Massage, Therapeutic Massage, Parent Educator for Infant Massage
- Member Associated Bodywork and Massage Professionals ABMP



Working with you and your doctors to improve your health and over all well being!



OHIOVALLEYMASSAGE.com
740-544-6644
800-618-7522