

# Elmenhurst Chiropractic Clinic

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903 HOWARD ST, WALLA WALLA, WASHINGTON 99362 (509) 525-4160 Fax: (509) 522-9921 E-mail: info@ElmenhurstChiro.com

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## Massage Therapy Instruction Sheet

### **BEFORE YOUR MASSAGE**

1. Drink plenty of water.
2. Arrange for childcare. We are unable to care for children during massage.
3. Wear comfortable clothing.
4. When possible, try to schedule your massage at a time when you can relax afterward.
5. Please complete the client/patient information forms.

### **DURING YOUR MASSAGE**

1. Breathe. You would be amazed at how many people forget this.
2. Try to relax.
3. Feel free to give the therapist feedback about how the massage feels (example – too much or too little pressure).
4. Massage does not need to hurt to be effective, although sometimes during and after massage you can experience some minor soreness.
5. Please feel free to talk or ask your therapist any questions, but if you choose to just relax, please don't feel obligated to talk. Your therapist will usually remain quiet unless she/he has a question for you. Our goal is to make your visit as comfortable as possible.

### **AFTER YOUR MASSAGE**

1. Drink plenty of water. Water helps to hydrate your muscles and cleanse your system.
2. Continue to follow your Chiropractor's directions for spinal care.
3. Feel free to ask the Massage Therapist questions at any time.

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## **BENEFITS OF MASSAGE THERAPY**

- Relieves stiff, sore, and contracted muscles
- Relieves tension headaches
- Reduces muscular back pain
- Aids in injury treatment
- Soothes and quiets the nervous system
- Restores balance to the muscular system
- Reduces swelling
- Improves range of motion
- Increases circulation to the tissue