HOW WILL I BENEFIT FROM MASSAGE THERAPY?
The benefits of massage therapy include:
• Relaxation and reduced anxiety and depression
• Improved circulation
• Improved lymphatic flow
• Improved range of motion
• Increased joint flexibility
• Reduced mental and physical fatigue and stress
• Relief from muscular tension and pain
• Improved sleep quality

SHOULD I TALK WITH MY DOCTOR BEFORE GETTING A MASSAGE?
Although massage therapy can be relaxing and therapeutic, it may be a good idea to check with your doctor first. Please consider if you have experienced any of the following:
• Currently undergoing treatment for cancer
• History of blood clots or bleeding
• Diagnosed with osteoporosis or weakened bones caused by a fracture or cancer
• Heart problems
• Infected or inflamed tissues

APPOINTMENTS
Appointments are required for a massage therapy session. Please call (765) 423-6885 to schedule your appointment.

COSTS
Deep tissue, Sweedish or Sports:
• $95 for 90-minute massage
• $65 for 60-minute massage
• $35 for 30-minute massage
Craniosarcal:
• $85 for 60-minute massage

LOCATION
Franciscan Health Outpatient Therapy
1260 North 17th Street
Lafayette, IN 47904

CONTACT US
For more information or to schedule an appointment, call (765) 423-6885.
FranciscanHealth.org
After the massage: Most people feel very relaxed following a massage. Some experience relief from long-term aches and pains, while others simply feel energized.

WHICH TYPES OF MASSAGE ARE AVAILABLE?

Swedish massage: Therapists use a combination of five basic strokes, all flowing toward the heart, to manipulate the body’s soft tissues. The benefits of a Swedish massage may include general relaxation, relief from muscular tension and pain and improved circulation.

Deep-tissue massage: This type of massage incorporates greater pressure and trigger-point therapy to reach deeper muscle layers. Deep-tissue massage is used to help relieve chronic patterns of muscular tension.

CranioSacral Therapy: With the client fully clothed, the therapist uses distinctive light-touch techniques (pressure is about the weight of a nickel) to release tensions deep in the body to relieve pain and aid in the improvement of whole-body health. A CranioSacral Therapy session can be used alone or combined with other massage therapies. Appropriate for migraines and headaches, chronic pain, fibromyalgia, stress and more.

Sports massage: During a sports massage session, the therapist will take into consideration “when, what and why” or the Timing, Technique and Intent of the session. It is important to know which of the following phases you are in: pre-event, post-event, recovery or maintenance. This allows the therapist to know which techniques would be best to use to reach the goal of the treatment. Some of the main goals of a sports massage include warming up tissues and muscles, increasing blood flow, stimulating nerve pathways, aiding in recovering, increasing range-of-motion or aiding in rehabilitation from an injury. By fully understanding the “when, what and why,” the massage session can be tailored specifically to each client each time they are seen for treatment.

Please call our office at (765) 423-6885 for a list of other techniques we offer.