

## Will My Insurance Cover Massage Or Bodywork Services?

If you are in an automobile accident or have a job-related injury covered by 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.

## 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.

Compliments Of:



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## Senior Massage





## A Brief History Of Massage

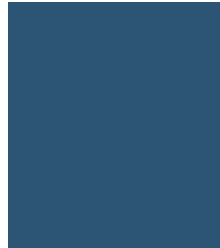
Massage is considered to be among the oldest of all treatments used by man. Chinese records dating back three thousand years documented its use. The ancient Hindus, Persians, and Egyptians used forms of massage for some ailments and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. Today, massage is an accepted part of many physical rehabilitation programs and has proven beneficial to many chronic conditions such as low-back pain, arthritis, and bursitis. Massage helps relieve the stress and tension of everyday living.

## What Is Senior Massage?

Senior massage encompasses basic relaxation and stress relief and is also a beneficial tool in fighting many of the symptoms of aging. Today, massage in all its forms is at the forefront of alternative and complementary therapies utilized by millions of people.

## How Will It Benefit Me?

Senior massage can increase blood circulation, combat depression, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture, and encourage 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 traditionally performed with the client unclothed; however, you may decide what amount of clothing you prefer to wear for your own comfort. The practitioner will leave the room while you undress, relax on 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

excessive friction to the skin. The average full-body session lasts approximately one hour, but some clients enjoy shorter, thirty-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 massage. 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 population, there are certain conditions that are contraindicated for massage, hence the importance of communication.

