

Benefits of Massage

Physical

- Helps relieve stress and aids relaxation.
- Helps relieve muscle tension, stiffness, and spasms.
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue.
- Provides greater joint flexibility and range of motion; improves posture.
- Enhances athletic performance.
- Promotes deeper and easier breathing.
- Improves circulation of blood and movement of lymph fluids; reduces blood pressure.
- Helps relieve tension-related headaches and effects of eyestrain.
- Enhances health and nourishment of skin.
- Strengthens the immune system.
- Soothes aching overworked muscles.
- Promotes more restful sleep.

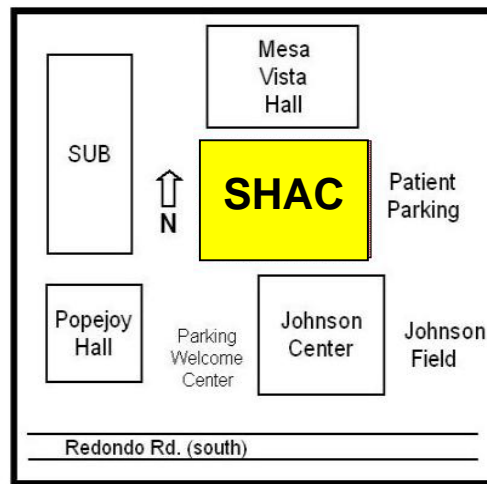


Mental

- Fosters peace of mind; promotes a relaxed state of mental alertness.
- Helps relieve mental stress; reduces levels of anxiety.
- Enhances capacity for calm thinking and creativity.
- Satisfies needs for caring, nurturing touch.

Directions to SHAC Massage Therapy Services

Massage Therapy Services is located on the second floor of SHAC. Your massage therapist will meet you in either room 210 or 214A. Check in at the SHAC Reception Area upon arriving for your appointment.



Phone

Massage Appointments.....277-3136

Note: This document is available in alternative formats upon request by contacting SHAC at 277-3136.



Student Health & Counseling (SHAC)
277-3136 | shac.unm.edu

The University of New Mexico
Student Health & Counseling (SHAC)
Health Education & Prevention



Massage



Therapy



Services

Assisting the University
community in maintaining
optimal health

for Students, Staff & Faculty

Quality Health Care



Available Massage Modalities

- **Craniosacral:** A technique for correcting cerebral and spinal imbalances or blockages that may cause sensory, motor, or intellectual dysfunction.
- **Deep Tissue:** Releases chronic tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grain of muscles, tendons, and fascia.
- **Swedish Massage:** A system of long strokes, kneading and friction techniques on the more superficial layers of the muscles, combined with active and passive movements of the joints.
- **Sports Massage:** A focus on muscle systems relevant to a particular sport.
- **Reflexology:** A system of points in the hands and feet thought to correspond or “reflex,” to all areas of the body.
- **Trigger Point Therapy** (also known as Myotherapy): An application of finger pressure to “trigger points” (painful irritated areas in muscles) to break cycles of spasm and pain.

Also offering:

Lomi, Polarity, Stretches, and Thai Massage

What is Therapeutic Massage?

Therapeutic massage involves manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, and stress.

It also improves functioning of the circulatory, lymphatic, and nervous systems, and may improve the rate at which the body recovers from injury and illness.

Although massage should not...

take the place of needed medical treatment, it may be useful for certain conditions, including:

- Allergies
- Arthritis
- Asthma and bronchitis
- Carpal Tunnel Syndrome
- Chronic and temporary pain
- Circulatory problems
- Digestive disorders
- Headache
- Insomnia
- Myofascial pain
- Reduced range of motion
- Sinusitis
- Sports Injuries
- Stress
- Temporomandibular joint dysfunction (TMJ)



For more information on the benefits of massage, go to www.amtamassage.org.

Planning for a Massage at Student Health & Counseling

- SHAC has licensed massage therapists available Monday thru Friday by appointment.
- Arrive for appointments 15 minutes early. Wear loose, comfortable clothing. (You may disrobe to your own level of comfort.)
- \$20 No-Show/Late Cancellation Fee: All appointments must be cancelled by 3 pm of the previous day (or by 3 pm on Friday for a Monday appointment), to avoid charges for a no-show or late-cancellation fee.
- Massage should not be construed as a substitute for medical treatment. The basic purpose is for relaxation and relief of muscular tension.
- Massage gift certificates for students, staff, & faculty are available at the Reception Area.
- Student Health Insurance Plan A: Limited coverage of 2 massages per semester (fall, spring, & summer).

Massage Precautions/ Contraindications

If you're in any doubt, or if you're under medical supervision, check with your doctor or other qualified medical practitioner before embarking on massage therapy. This advice applies particularly in the case of cardiovascular conditions and heart disease, especially in cases of thrombosis, phlebitis, and edema. Also, before you schedule a massage, consult a qualified medical practitioner in cases of raised temperature, infections, or contagious disease.