

Definition of Geriatric Massage—

Senior citizens are a very large group in the United States and their numbers are increasing. At one end of the spectrum are those currently in their 90's, while at the other are the earliest of the baby boomers who are in their 60's. Seniors are quite varied in their health status and activity levels. They have grown up participating in activities such as massage, yoga, hiking, tennis, eating organic foods, and generally looking for ways to stay fit and young longer, and will continue with these activities as they age. They are also looking to natural therapies such as massage for help with general relaxation, pain relief, increased joint range of motion, improved sleep, increased blood circulation/lymphatic flow, improvement of mood/quality of life, etc.

Some seniors are quite fit and healthy and enjoy a massage with moderate pressure. Some are frail and need a light, gentle touch, especially around arthritic joints or areas where they've recently had surgery.

My certification in this area is called "Medical & Geriatric Massage". I am trained in the physiological & psychological changes that occur in senior citizens and other frail populations such as those who have had recent surgery, and have learned how to adjust to working on clients who are bedridden, in wheelchairs, or have other limited movement. I work with adults in their homes or assisted living facilities.