

What is Cancer massage/Oncology massage?

Almost every cancer patient can have massage during any stage of their treatment, as long as their therapist has been trained in oncology massage. Oncology massage requires therapists to be fully educated in, and pay close attention to, the physical and emotional needs of clients in all stages of cancer, including a thorough understanding of precautions that should be practiced both during and after periods of radiation, chemotherapy, as well as pre- and post-surgery. The pressure the therapist uses will be light and soothing and will make you comfortable with extra pillows if necessary. He or she will know how to work around your port, radiation burns, surgical sites, and areas where lymph nodes were removed. He or she may have training in scar tissue release therapy, range of motion techniques, and Manual Lymphatic Drainage Therapy.

To find a qualified therapist, check www.s4om.org (the Society for Oncology Massage) or www.massagetherapy.com. Both websites have a therapist locator service based on your zipcode.

Courtesy of: Julia Morrow, CMT/CES/CLT...www.messagebyjulia.com