



THE  
**MASSAGE THERAPY**

ROCKY MOUNTAIN  
ONCOLOGY

# MASSAGE THERAPY

Massage therapy, which involves the manipulation of soft tissues and muscles to relax the body and improve quality of life, is one of the earliest healing arts, dating back to 3000 B.C. in China. A complement to standard cancer treatments, massage therapy offers both physical and emotional benefits for patients at any stage of cancer care from diagnosis and treatment through recovery. Several studies demonstrate the extensive health benefits of massage including the management of many common symptoms and side effects associated with cancer and cancer treatment. Evidence supports that it may even help to boost the immune system.

## BENEFITS OF MASSAGE THERAPY FOR PATIENTS WITH CANCER

- Strengthens immune system
- Increases blood and lymphatic circulation
- Relieves anxiety and stress
- Eases depression
- Reduces pain
- Promotes relaxation
- Improves digestion and absorption of nutrients
- Enhances energy and alertness

Massage therapy can safely be provided for most patients with cancer. Treatments will be customized for each patient taking into account the type of cancer, areas that have been recently treated with radiation or surgery and other relevant medical conditions. Close communication between the patient, physician and therapist will allow for the safe delivery of massage while maximizing the therapeutic benefits.

*Many commercial insurance companies will pay for massage therapy services. For details on specific carriers, please contact our insurance specialist. Financial assistance is available for those who qualify.*

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