

# THE BODY SHOP: MASSAGE THERAPY- DOES ONE SIZE FIT ALL?

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# ABOUT ME

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- Devoted wife and caring mom of a wonderful husband and amazing kids.
- Began path of massage at 19.
- Attended Hands on School of Massage in Tyler, TX.
- Massage class with James Waslaski revealed my passion.
- Therapeutic Massage Therapist for 23 years and still eager to learn.



# USA STATE REQUIREMENTS

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- Most states require 500 hours, 50+ of which in the form of internship and a requirement of 12 continuing ed. hours biannually
  - Overall range is between 500(NY)-1000(PR)
- Kansas, Minnesota, and Wyoming have no licensing requirements
  - California's are voluntary
- A little research is required to find which modality you need (links at the end)



# EVERYBODY IS DIFFERENT

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- As a bodyworker I have learned to adapt the techniques I use to each client.
- Take into account the information they give and connect it with the knowledge I have.
- Important to stay involved with evidence-based education.

# SWEDISH MASSAGE

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- Aids in nerve stimulation, destressing, mood boosting, and tension relief.
- Found in most establishments and is usually the type pictured upon hearing the word.
- Foundation to all massage.
- Related types include hot stone, hydrotherapy, steam therapy, and aromatherapy.



# CHAIR MASSAGE

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- Convenient, clothed massage focusing on neck and shoulders.
- Workplace de-stressor with some therapeutic benefits.
- Creates a less stressful work environment to boost productivity.



#### **Benefits of Lymphatic Drainage**

1. Strengthened Immune System
2. Better Sleep
3. Resolved Sinus Issues
4. Lymphedema Prevention
5. Reduction of Body Swelling

## LYMPHATIC MASSAGE

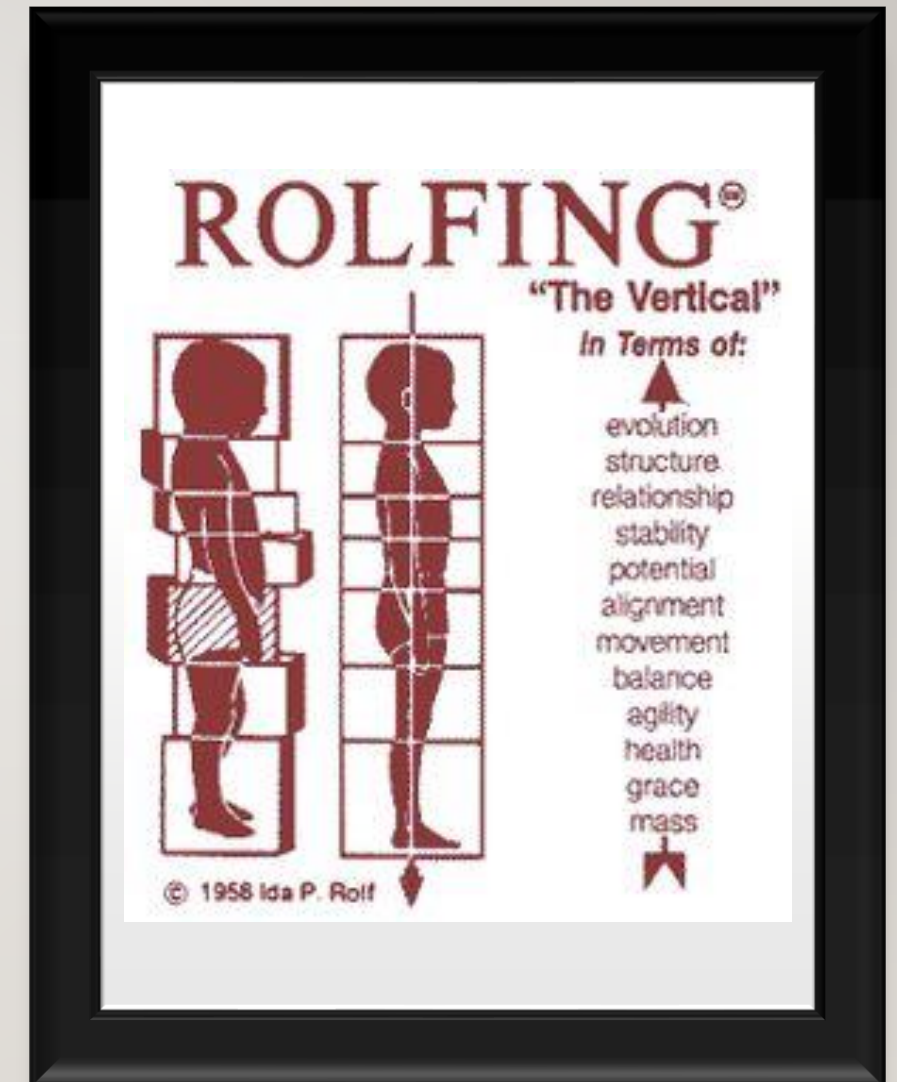
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- Gentle, aimed at assisting with the natural drainage of the lymph.
- Commonly seen with lymphedema, cancer patients, and can be beneficial to those with autoimmune disorders.
- Used pre or post surgery and as recovery.

# ROLFING

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- Foundation of structural integration therapies
- Dr. Rolf recognized the body as an interconnected network rather than a collection of separate parts.
- Focuses on the connective tissue complex of the body to help release, realign, and balance it.
- Helps resolve discomfort while restoring flexibility, revitalizing your energy, and ensuring comfortability in your own body.





# MYOFASCIAL RELEASE

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- Restructured version of rolfing (works with fascia) more specific to who rather than putting everyone under one treatment.
- Identify places with imposed limitations on movement to help free them from those restrictions.
- Result is not a “perfect posture” but a return to the person’s original intent.
- Useful to all, especially those with posture, gait, and workload difficulties.

# ORTHOPEDIC

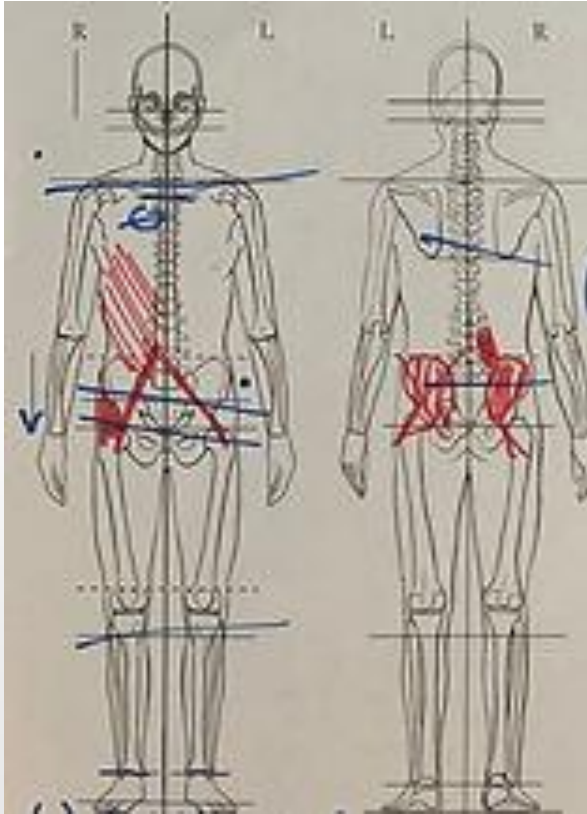
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- Relief does not have to be found through pain.
- Deep pressure does not equate to deep tissue.
- Adjust according to client's observable response.
- Great for any joint-related issues.



# NEUROSOMATIC

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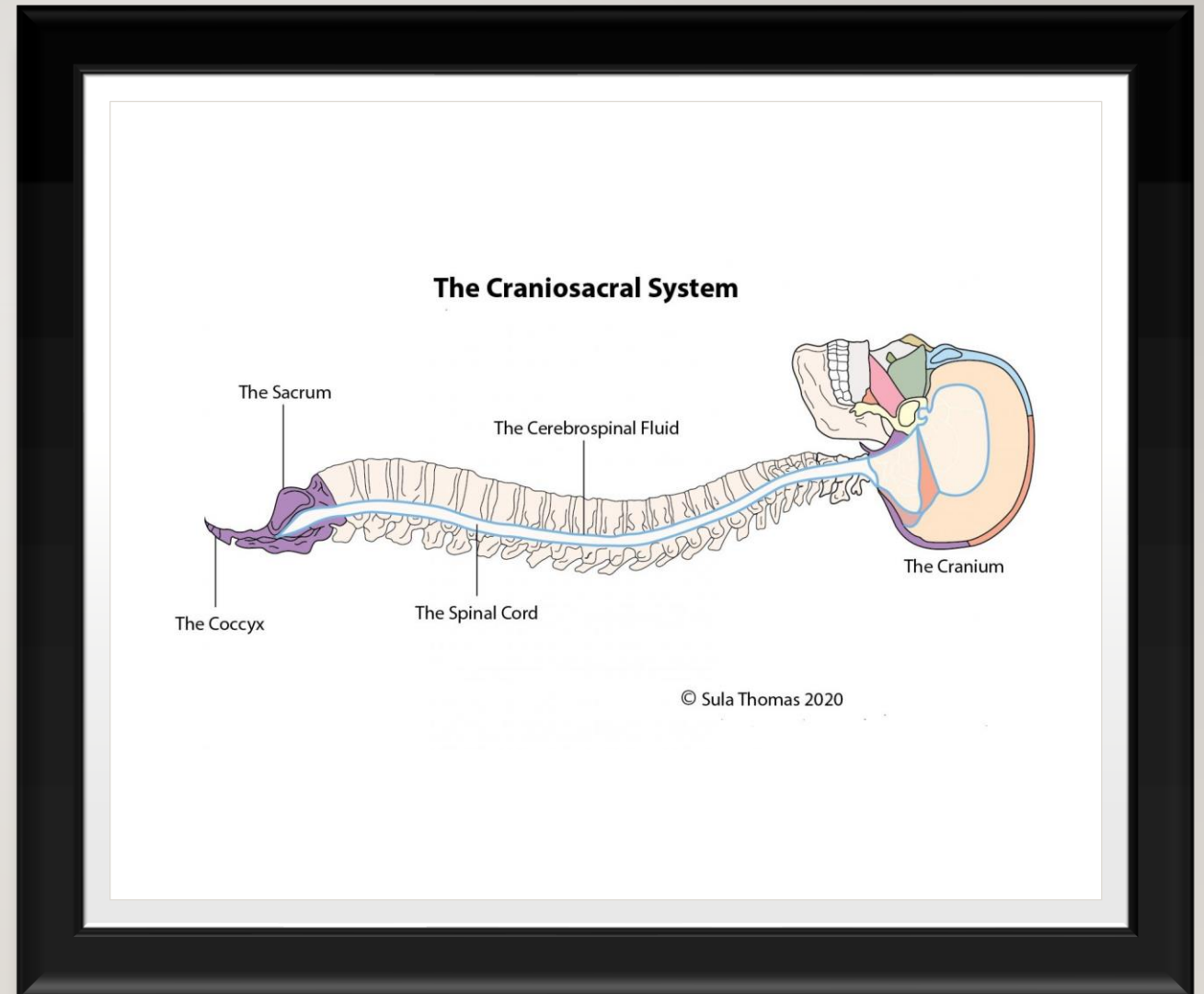


- Helps alleviate pain and numerous physiological conditions.
- Primarily focuses on assessing one's form to help correct functional movements.
- Uses measurements in a clinical setting.
- Great for leg length inequalities, migraines, vertigo, tinnitus, unexplained nerve pain, and more.

# CRANIOSACRAL

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- Focuses on central nervous system.
- Gentle, using less than 5g of pressure, making it safe to all.
- Goal is to help bodily fascia unwind to release tension patterns and restrictions.
- Great for traumatic brain injuries, concussions, spondylosis, PTSD, autism, and much more.



# FIND A THERAPIST NEAR YOU

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- Swedish and Chair can be found at almost any massage institution. Lymphatic is a little more specific, but they can all be found by searching here: [Massage Therapists Near You - Massage Directory by MassageBook](#)
- Rolfing: [Dr. Ida Rolf Institute](#)
- Myofascial Release: [Practitioners - Therapist Directory Search \(anatomytrains.com\)](#)
- Orthopedic: [Find a Practitioner – The Center for Pain Management \(orthomassage.net\)](#)
- Neurosomatic: [Find A Therapist | Center for Neurosomatic Studies - Massage Therapy Schools Florida \(cns.edu\)](#)
- Craniosacral: [Find a Therapist \(iahp.com\)](#)