

## Therapeutic Massage by Lucy

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*Sessions available at this location:*

*Georgetown Office Community*

*17766 Preston Rd. #108*

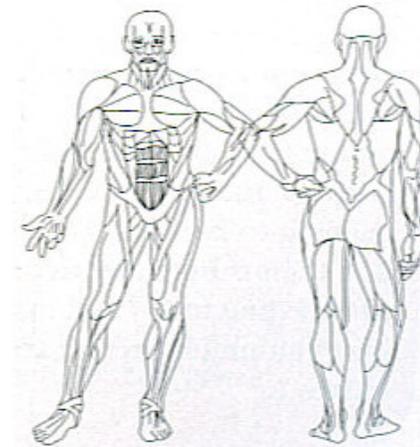
*Dallas, TX 75252*



*Shouldn't I get a Massage?*



*Indications and Contraindications*



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## Why Do You Need A Health History?



*Obtaining a client's complete health history is very important, for numerous reasons. If a massage or a particular type of massage/bodywork is wanted, your medical diagnosis could green light this treatment, or red light against it. The same may be true if you have had an injury. Specific skin conditions could be an issue. And some medications that you take could make massage a big "no-no". Direct contact with your physician, chiropractor, or physical therapist may be appropriate prior to treatment, and ongoing during the treatment process.*

*Your client information form will alert your therapist to conditions to be considered. This means that it is important to fill these forms out to include all that you know about your medical status, medications, accidents, injuries, surgeries, allergies, and anything else you can remember relating to your health or your physical structure. This information is confidential and crucial for your therapist to have.*



*Massage should be a helpful therapeutic modality, not something that is harmful to you or your body.*

## What conditions can massage help?

*Besides the obvious, that "massage feels good", there are many conditions that massage is beneficial as a treatment option. Too often people face hearing that their problem issues cannot be helped medically, surgically or with medications; just learn to live with it. This can be quite disheartening, to say the least. Having a massage professional may be the answer to your prayers. Massage is not a quick fix option, but rather, a means to help your body heal itself. Sometimes, you need a little help with that.*



*Here are a few of the conditions that massage may be beneficial in treating:*

- |                                       |  |
|---------------------------------------|--|
| <i>Activity &amp; sports injuries</i> | <i>Neck/Shoulder pain</i>              |
| <i>Back pain</i>                      | <i>Piriformis Syndrome</i>             |
| <i>Calf pain and cramps</i>           | <i>Plantar Fasciitis</i>               |
| <i>Carpal tunnel syndrome</i>         | <i>Postural distortions</i>            |
| <i>Fibromyalgia</i>                   | <i>Repetitive use injuries</i>         |
| <i>Foot drop</i>                      | <i>Scoliosis</i>                       |
| <i>Forward head posture</i>           | <i>Shoulder &amp; Rotator Cuff</i>     |
| <i>Hammer toes</i>                    | <i>Sprains, strains, stiffness</i>     |
| <i>Headaches</i>                      | <i>Thoracic Outlet Syndrome</i>        |
| <i>Joint pain and stiffness</i>       | <i>Tilted pelvis &amp; uneven hips</i> |
| <i>Leg pain and calf cramps</i>       | <i>TMJ</i>                             |
| <i>Myofascial pain conditions</i>     | <i>Trigger points</i>                  |
| <i>Muscle soreness</i>                | <i>Whiplash injuries</i>               |

## ***Contraindications For Massage***

*There are conditions where massage is not only not a treatment option, but could be detrimental. A doctor's permission may be required, or stipulations advised.*

*There are a number of conditions in which otherwise healthful techniques can be harmful or even dangerous. Here are some of the most common health problems in which massage and bodywork may be contraindicated:*

***Acute Infectious Diseases***-The therapist is at risk of contracting the disease, or passing it along to others. Massage can sometimes further weaken a client already weakened by disease. Massage can spread infection through the lymphatic channels to other areas of the body, or allow an infection to go from a latent state to an active infection.

***Allergy Symptoms/Skin Rashes***-Massage and bodywork techniques are contraindicated in areas over or near allergic skin lesions such as rashes, hives, psoriasis, eczema, poison ivy-oak-sumac, and some insect or snake bites.

*The skin over lesions is fragile and may break or bleed. Many rashes can spread or be contagious (poison ivy, etc.) Some medications prescribed for rashes can suppress the immune system and make the client more susceptible to infection.*

***Atherosclerosis***-Plaques form in the arteries, which can occur in the carotid arteries in the neck. Massage over the anterior portion of the neck can cause these plaques to break loose and release into the circulation, potentially causing a stroke or heart attack.

***Blood Clotting (Embolus or thrombus)***-In conditions where blood clotting is known or suspected, massage cannot be done due to the possibility of the blood clot lodging in the heart, lung, or brain. This could cause a heart attack, stroke, or pulmonary embolism. Also, the anticoagulant medications prescribed to treat this thin the blood, which can cause easy bruising or bleeding.

***Bone fractures***-Massage over a fractured bone cannot be done unless the treating doctor approves, and it is a reasonable time since the fracture occurred. Massage applied too early can destabilize the bone union.

***Cancer***-Massage for cancer patients is controversial at present. Although massage can help with pain control, relaxation, and lymphatic drainage, a doctor's approval is required. Chemo, radiation, surgery, medications-all must be considered before adding massage to a client's program of treatment. Often time between cancer treatments is necessary if massage is desired.



***Chronic Pain***-There are many causes of chronic pain. Clients need to have medical evaluation to rule out the possibility of an unknown disease, autoimmune

*condition, cancer, etc. If health issues are cleared, then evaluation for structural imbalances, trigger points, spasms can be done and massage may be just what is needed.*

*Contact Lenses-If massage is to be done, even lightly over the area around the eyes, make sure contact lenses are removed.*



*Deep massage-This can be contraindicated if the client is fatigued, stressed, unable to relax to deep pressure, or has bruising to an area. Often conditions such as fibromyalgia cannot tolerate deep pressures, which could inadvertently cause a flare-up. Specific medications such as anticoagulants cannot have "pressured" massage.*

*Edema-An abnormal accumulation of fluid in the intercellular spaces of the body. This is most commonly seen in the lower legs and feet as swelling. Some conditions this may be seen are congestive heart failure, poor lymphatic drainage, kidney and liver disease, and numerous medications. Your physician's permission is definitely needed for a gentle lymphatic drainage type of massage to aid in fluid reabsorption, but other types of massage are contraindicated unless approved for other areas of the body by the doctor.*

*Elderly-There is a tendency to bruise more easily and heal slower. Skin tissues become more fragile, which can cause skin tears that often bleed easily and take a long time to heal. Diagnoses and medications need to be evaluated, and often a doctor's approval may be warranted. "Geriatric Massage" may be appropriate.*

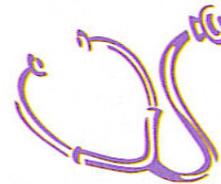
*Fatigue-Sudden extreme fatigue is a key, early phase symptom of many life-threatening, degenerative diseases, including: diabetes, cardiovascular disease, cancer, autoimmune disease, and chronic infection. If fatigue is sudden and severe, see a physician.*

*Fever-Typically this indicates an infection. Massage may circulate and spread the infection. No massage should be done until fever is gone.*

*Heart Attack-Massage is contraindicated during recovery for numerous reasons. After recovery, massage may be done with medical clearance.*

*Herpes-Contraindicated in an acute active phase of the virus. Herpes is highly contagious, and massage can infect the therapist, or spread the infection to other areas of the client's body.*

*Hypertension and Heart Conditions-Generally a light or gentle stroking massage may be done. Medications must be evaluated, and a physician's approval should be obtained prior to treatment. Each case varies.*



*Inflammation- Even light massage may not be done to areas where there is red, painful swelling. If the*

*inflammation is localized, as in an injury, massage may be done to the rest of the body, but not on that area.*

**Kidney Infection**- *Severe pain, fever, and burning with urination, may indicate a kidney or a urinary tract infection. Medical care is necessary prior to massage.*

**Loss of Sensation (Numbness)**- *This could potentially be a dangerous condition if it has not been properly evaluated medically. Diabetes, cardiovascular disease, spinal cord compression, degenerative neurological diseases, medications-all could be a culprit. Massage is contraindicated in these conditions unless doctor approved. Light massage may be allowed, but if it can't be felt, pain that normally would alert the client to speak up is absent. Seek medical evaluation.*

**Medications**-*Massage while on medications can be tricky. Most medications are not a problem. But some, such as anticoagulants that thin the blood could cause bruising or internal hemorrhage. Any form of chemotherapy is a contraindication. Definitely inform your therapist of all drugs that you take. Physician's approval may be necessary.*

**Osteoporosis**-*Very gentle massage is recommended for osteoporosis. Gentle massage may provide considerable relief from the pain associated with this disease. With the bone density becoming progressively thinner, there is a very real possibility that massage pressures could accidentally cause fractures. Check with your doctor about the fragility of your bones-each case is individual in this respect.*

**Peritonitis**-*This condition is caused by a burst abdominal viscus such as the appendix, gall bladder, ovaries, or fallopian tubes. There is usually a painful*

*board-like rigidity of the abdomen, fever, and extreme pain. Go immediately to the Emergency Room.*

**Post-Operative Precautions**-*If there was surgery done during the last six months, it is advisable to consult with the physician prior to treatment. If it is too early to massage over the surgical area, they will often approve massage to other parts of the body. Massage that is done too early or too deep, can cause bleeding and disrupt the healing process.*



**Pregnancy**-*Having massage over the abdomen is contraindicated in pregnancy. Obstetrician approval is advisable, as is finding a massage therapist that has been trained specifically in maternity massage.*

**Severe Pain**-*Any time a client has severe pain, cannot lie on the table comfortably, or cannot sleep well at night, a doctor should be seen for evaluation and diagnosis. Severe pain can be a symptom of many serious internal disorders.*

**Skin Infections**-*Skin infections such as boils, abscesses, severe acne, etc., should not be massaged directly as the skin can tear and bleed easily. There is also a danger of spreading the infection through the lymphatic drainage channels to other areas. Generally the rest of the body can be massaged, but not on or near the affected area.*

Skin lesions, Open Wounds and Sores-Cuts, bruises, abrasions, lacerations, and puncture wounds should not be massaged or manipulated in any way since contact with these areas could disrupt the healing or infect the wound. Generally, it is safe to apply massage to a wounded area when the skin has discarded the scab and the wound is no longer at risk of infection.

Substance Abuse-Treating a client when they are intoxicated or under the influence of mind-altering drugs presents a safety risk for both the client and the therapist. The session should be terminated and the appointment rescheduled. Clients should never show up for a session "under the influence".

Thrombophlebitis-Thrombophlebitis of the deep leg is one of the most potentially dangerous conditions a massage therapist faces. Deep massage to such veins can throw a clot into circulation, or an embolus. An embolus travels through the heart and usually gets lodged in the lung (pulmonary embolism) causing extreme pain, tissue destruction, and sometimes death. Or it can move again, lodge in the heart and cause a heart attack. If a massage therapist suspects even in the slightest that thrombophlebitis is present, the area will not be massaged.

Ulcers-Massage done over the stomach area is contraindicated if the client has an ulcer.

Varicose Veins-These most commonly occur in the legs and feet and are enlarged bluish veins. Massaging the thin walls of these veins can cause them to burst. Doctor's permission would be a very good idea.



## Meet Lucy...

I am an LMT- Licensed Massage Therapist and an NMT-Neuromuscular Therapist. Medical Massage & CranioSacral are also available. Previously I worked as a nurse for 25 years, as a CRRN (Certified Rehabilitation RN) specializing in physical medicine and rehabilitation. I also have an extremely varied nursing background, having worked in numerous areas and many hospitals/locations. I changed my focus away from the standard allopathic approach to healing to that of pursuing helping people holistically.

Because my work is neuromuscular therapy based, I do things a little differently than a general masseuse. There are specific protocols for just about every area of the body. They are extremely effective, very area or problem specific, and done with small movements, often very 'deep'. Tense muscles do better with a gentle approach that goes deeper as the tissues release and allow. Otherwise they can be further traumatized if approached too aggressively.

I'll do a postural assessment on you first, to try and figure out what's going on with you and your body, listen to your complaints of pain or limitation, and agree on a plan to best meet your needs.

Communication is very important to find the best approach to helping you. Some issues resolve quickly, and more chronic problems may take a series of treatments, and possibly chiropractic help.

If you need help, please call me. It would be an honor to meet and treat you.

Sincerely, Lucy Dean, LMT, NMT, MMT