

Let's Talk About...

Massage therapy: Before, during, and after

Massage therapy can help soothe your child's sore muscles and allow them to relax.

Your child's massage therapist will evaluate your child's condition at their first appointment. The therapist will then decide which massage treatment will be best for your child.

Before a massage

- Have your child take a quick shower or bath before their appointment, if possible.
- Tell your child's therapist if your child is allergic to lotions, creams, or oils. Some massage creams and oils can contain tree nuts and essential oils.
- Have your child undress if they are comfortable doing so. The therapist will leave the room to give your child privacy if they decide to undress. Your child will then get under the covers and lie down on the massage table.
- Have your child put on a hospital gown if they are not comfortable removing their clothes. A gown allows the therapist to massage your child's back.

Note: The massage therapist will only uncover the area they are massaging whether your child undresses or wears a hospital gown.

During a massage

- Tell your child to relax and breathe deeply when the therapist touches an area of pain or tension. This allows needed oxygen into the muscles and helps to release spasms or cramps.
- Have your child tell the therapist if they are uncomfortable or something hurts. The therapist will ask about pressure and pain levels often, so tell your child to be honest. It is okay to say, "Too much pressure" or "That hurts."
- Make sure your child knows they are in charge. The massage therapist wants your child to be comfortable at all times. They will adjust pressure to help your child feel better and benefit from the massage. Your child has the power to stop the massage at any time.



After a massage

- Have your child get up slowly after a massage. They should sit on the edge of the massage table for a few minutes before leaving. This helps them stop feeling dizzy.
- Your child may feel a little lightheaded or sleepy. They may also feel energized and hungry. These feelings are normal.
- Make sure your child drinks lots of water. This will help your child feel better and help your child’s muscles flush metabolic waste and recover.
- Your child may have sore muscles. This is normal and can last for a day or two after the massage. This is similar to the soreness your child feels after exercise.

Notes

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