

Achieve Health Chiropractic Clinic Massage

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Frequently Asked Questions about Massage and What to Expect

What are the benefits of massage?

Massage can help release muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue and improve posture. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Where will my massage take place?

Your massage session will take place in a warm, safe, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Who will perform the massage?

Your massage will be conducted by a professional licensed therapist who has received proper training and often works side-by-side assisting our doctors.

Must I be completely undressed?

Most massage techniques are traditionally performed with the client unclothed; however, you may decide what amount of clothing you prefer to wear for your own comfort. You will be properly draped during the session.

Will the therapist be present when I disrobe?

The therapist will leave the room while you undress, relax onto the table, and cover yourself with clean sheets.

What should I do during the massage?

Make yourself comfortable. The therapist will either gently move you to tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax. Others like to talk during their session.

How often should I receive massages?

When dealing with acute pain, once or twice a week will be most beneficial. However, you will receive much benefit by receiving a massage every 2 to 4 weeks. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. Talk with one of our doctors for a recommendation.

How long is a massage?

You can choose ½ hour, 1 hour or 1 ½ hour.

Tipping

While we appreciate tips, they certainly are not expected.

Can I receive massage during my pregnancy?

Massage during pregnancy not only makes a woman feel pampered, but offers undeniable physical benefits as well. Massage can relieve fatigue, leg cramps, backaches, and headaches and enhance sleep.

Are automobile injuries covered by insurance?

Yes, with a referral from a chiropractor or MD. Our doctors will refer their chiropractic patients for massage if they determine it is necessary.