

# Prairie du Chien Memorial Hospital Rehabilitation Services

## *Experience the many benefits of Massage Therapy*

### **How can Massage Therapy benefit you or someone you know?**

There are numerous benefits of Massage Therapy and how massage helps create a more positive sense of well-being:

- Relieves stress and physical and mental fatigue
- Reduces effects of anxiety, tension and depression
- Promotes deep relaxation and renewed energy
- Improves the circulatory system which encourages healing and benefits the immune system
- Aids in decreasing blood pressure, reduces heart rate, stimulates weak, inactive muscles and helps relieve insomnia
- Accelerates the lymphatic system aiding in the elimination of waste throughout the body
- Relaxes and refreshes muscles and joints
- Relieves muscle cramps and spasms
- Helps pain management for arthritis, neuralgia, muscular lesions, sciatica, headaches, migraines, and fibromyalgia
- Promotes deeper and easier breathing

### **Massage Therapy benefits during pregnancy and following birth**

#### *Throughout pregnancy*

- Relieves headaches
- Helps alleviate morning sickness
- Helps reduce fatigue
- Alleviates backaches
- Helps relieve leg cramps
- Reduces swelling/edema
- Relieves pain from varicose veins
- Enhances sleep
- Stimulates blood flow
- Relieves everyday tension, general aches and pains, and discomfort
- Stimulates the lymphatic system which increases immunity
- Stabilizes hormonal levels
- Provides emotional support for those who are alone

#### *Following birth*

Massage after giving birth helps to relieve tension and neck, shoulder, and lower back discomfort.



Laura Dressler, LMT



Heidi Krachey, LMT

### **Massage for the critically ill**

Massage benefits the critically ill by bringing comfort, pleasure, and relaxation during a difficult time. Massage can help control discomfort and pain, improve mobility, reduce disorientation and confusion, reduce isolation and fear, and help ease anxiety and emotional and physical discomforts. The patient may also develop a more positive attitude about their situation or condition.

### **Consider a Chair Massage**

Chair massages are performed in a seated position using various massage techniques performed over the back, neck, arms and hands. A client is fully clothed and in a more open area during a chair massage, bringing comfort to those who feel uncomfortable otherwise. A massage therapist reintroduces positive touch to those who have experienced negative touch. Clients can notice a difference in a short period of time. Chair massages are available providing clients a 10-minute massage that is convenient for our fast-paced life. The chair is portable and may be transported anywhere or in any business. Businesses that have provided chair massages to their employees have noticed improved alertness and performance. They have also noted a reduction of stress.

**Appointment Desk: 608-357-2216**

**One Hour Session \$42 Half-Hour Session \$27**

**Chair Massages \$10**

*Gift Certificates Available*

*For the perfect gift anytime of the Year*