

Q: Is the purchased session refundable?

A: Only if you cancel 12 or more hours in advance of the appointment or by 5:30 PM the previous business day through the Im-Rec Sports Business Office M-F, 8:00 AM-5:30 PM.

Q: What are the therapists' qualifications?

A: All therapists are certified through a national school, registered with the American Massage Therapy Association and licensed through the state of Virginia Board of Nursing.

Q: Are gift certificates available?

A: Yes, they can be purchased anytime during IM-REC Sports Business Office hours, M-F, 8:00 AM-5:30 PM.

Q: Will the massage oils used make me break-out?

A: Hypoallergenic massage oils or lotions are used. However, if you have sensitivity to certain types of oils or lotion please bring it to the massage therapist's attention just before your session begins.

Q: Do I Have To Undress Completely?

A: You may undress in private at your leisure. You will then have a sheet or blanket to cover with during your massage so you won't be uncomfortable. If you prefer you may leave on underwear or gym shorts, however your lower back is much easier to massage without it. Your level of comfort will be respected at all times. Only the body area being worked on will be uncovered.

Q: Can You Work On Just My Back?

A: Your therapist will discuss what area is bothering you, if any, at the beginning of the session and then focus on your needs.

Q: Can You "Dissolve" Knots In My Shoulders And Other Places?

A: A therapist can sometimes "dissolve" a knot, but in most cases the massage will start loosening the knot. It took a long time for the knot to build-up, and sometimes it takes a few massages to reduce or completely dissolve knots. A regularly scheduled massage will help keep you pain-free.

Q: How Often Should I Have A Massage?

A: It depends on your schedule and personal finances, but anywhere between once a week to once a month is common. If you have chronic pain, then once a week may improve your quality of life. During stressful periods, many people choose to have them more often.

Q: What paperwork do I need to complete prior to the massage?

A: Please complete the Medical History Profile and bring it with you to your appointment. This form is available on our web site at: www.virginia.edu/ims/fitness/massage.html.

Q: Why would a massage therapist take a medical history?

A: In addition to determining areas that need special attention, there are a few cases when massage could be harmful to health and healing, such as certain skin conditions, acute injuries and some circulatory problems.

Q: How will a massage feel?

A: It usually depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes (effleurage) that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. Do not hesitate to ask questions or mention if you feel any discomfort so that the massage therapist can use another approach or technique.

Q: What types of massage do you offer?

A: Swedish, Deep Tissue and Sports Massage. Descriptions are below.

Swedish Massage

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish Massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. Swedish massage techniques include: long strokes, kneading, friction, tapping, percussion, vibration, effleurage, and shaking

motions. The usually sequence of techniques are:

1. Effleurage: Gliding strokes with the palms, thumbs and/or fingertips
2. Petrissage: Kneading movements with the hands, thumbs and/or fingers
3. Friction: Circular pressures with the palms of hands, thumbs and/or fingers
4. Vibration: Oscillatory movements that shake or vibrate the body
5. Percussion: Brisk hacking or tapping
6. Passive and active movements: Bending and stretching

Swedish massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well being.

Deep Tissue Massage

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia.

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue. Deep tissue massage usually focuses on more specific areas and may cause some soreness during or right after the massage. However, if the massage is done correctly you should feel better than ever within a day or two.

It feels good and it is beneficial to your health. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. Because many toxins are released, it's important to drink plenty of water after a deep-tissue session to help eliminate these toxins from the body.

The purpose is to "unstick" the fibers of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.

Sports Massage

Sports Massage is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak

performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.

The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. The massage will help prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. Sports massage can help prevent those nagging injuries that so often get in the way of performance and achievement, whether a person is an athlete or a once a week jogger.

Each type of sport has different demands on the players. Each sport uses muscle groups in a different way. Sports massage is designed to address those specific concerns and may differ according to the sport the athlete plays. Sports massage can be aimed to help heal strained muscles and allow healthy ones to reach peak performance and maintain it while minimizing the risk of injury.

Sports Massage can also include pre-event, post-event and maintenance techniques that promote greater athletic endurance and performance, lessen chances of injury and reduce recovery time.