



## Getting The Most Out of Your Massage Therapy Sessions

By Susan Epperly, B.A., L.M.T.I., C.M.T.

Q: "I want to make sure that I get the most out of my massage therapy sessions. What can I do to be an active participant in my own therapy and help my Massage Therapist provide me with the best, most effective therapy possible?"

A: As Massage Therapists, we hope that our clients will "keep in touch!" Making a mental note, or even a written journal, of your post-massage experience can be immensely helpful to both you and your therapist. At your next visit, let your therapist know what kind of changes you have observed in your body and the way you feel. When we see you next, we will be eager to know the answers to questions such as:

- "To what degree have you received relief from the pain complaint that brought you here?"
- "How has this degree of pain relief improved your quality of life?"
- "In what ways would you still like to see your quality of life improve even more?"
- "How has the nature of your pain changed (increased, decreased, moved, disappeared, become sharper, more dull, etc.)?"
- "How soon after your massage session did you notice these changes?"
- "Have you amended any habits, such as sleeping positions, workplace ergonomics, footwear, exercise frequency or type, etc.?"

You should always feel free to contact your Massage Therapist if you have any questions regarding your post-massage experience. We encourage our clients to call or e-mail us to ask questions or discuss any concerns that may arise post massage. So, "Keep in Touch!"

View our archived newsletters by visiting the "Newsletters" page of our website, [www.tigerlilystudios.com](http://www.tigerlilystudios.com).

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