

Massage Therapy

How can massage therapy benefit me?

Massage is for almost everyone—men and women alike, at any age from infant to elderly. Massage directly influences every part of the human body by stimulating the nervous, respiratory, circulatory and lymph systems. It restores the body's energy flow while bringing renewed strength to muscles, nerves and organs suffering from stress and strain. Because our bodies are 75% muscle, many athletes choose massage to get relief from pain, restore metabolic balance, and gain physical and mental well-being. Massage can even help prevent injury.

What will massage therapy do for my body?

Massage feeds the muscles without exhausting them. Muscles stressed to the point of fatigue take 48 to 72 hours to rest and recuperate. Massage reduces this time by as much as 50%. It also aids in breaking down adhesions, breaks up congestion and lessens swelling in the joints.

Are there risks associated with massage therapy?

While there are many known benefits of massage, there are also risks. It is important to communicate with your therapist about any surgeries, diagnosis, conditions or problems you are experiencing. It is recommended you consult your physician before scheduling your first massage appointment.

What kind of massage therapy does Monroe Clinic provide?

Swedish massage with some deep tissue manipulation and trigger point therapy is offered throughout your massage session. Specified treatments such as prenatal and post partum massage is also offered to address the special needs of the expecting or new mothers.

What are the benefits of prenatal* or post partum massage?

Expectant or new mothers experience a variety of benefits from massage therapy:

- Reduces back and neck pain
- Relieves stress on the joints
- Increases muscle tone
- Stimulates the circulatory and lymphatic systems
- Eases discomfort from pregnancy and delivery
- Helps revive emotional and physical state
- May help reduce swelling in extremities
- Provides alone time for relaxation and reflection

**Massage may cause dizziness and add to existing morning sickness. We recommend that you complete your first trimester before beginning treatment.*

What is a Prego Pillow™ and how is it used with massage therapy?

The Prego Pillow gives the new mother-to-be the ability to lie safely and comfortably on her tummy through the later stages of pregnancy. The Prego Pillow also gives women with larger breasts, overweight patients and elderly patients sensitive to lying on a flat surface the ability to enjoy a massage.

How will my baby and I benefit from the newborn massage sessions?

Learn infant massage techniques for colic relief, stress reduction, and help your infant digest feedings better for weight gain and growth. Calm your baby's nervous system while helping you and your baby grow closer together. This class is for the medically stable infant, suggested before infant is 6 weeks old.

Who provides massage therapies at Monroe Clinic?

All services are provided at Monroe Clinic-Highland Women's Care in Freeport, Illinois, by Michelle Queckboerner. Michelle is a licensed massage therapist with certifications in prenatal massage and newborn massage instruction. Monroe Clinic is an American Massage Therapy Association member.

You can expect a peaceful and comfortable environment. Modesty is respected at all times. A short history form is filled out prior to your appointment to insure health safety, then a brief consultation to address your problems and concerns. Gift certificates are available for all sessions.

Massage therapies include:

- 10-Minute Chair Massage \$10
- Partial Body Massage\$35
- Full Body Massage \$55
- Infant Massage Class*.....\$30
- Newborn Session (private).....\$60

**Infant Massage Classes are typically offered the first Friday of each month on Monroe Clinic's main campus. To register for this class call 608-324-1725.*

To schedule an appointment with Michelle, call Monroe Clinic-Highland Women's care at 815-233-0999.