

Revive Therapy Massage

8908 Rosewood Drive, Sacramento CA 95826
916.761.4852 — Email: Info@MassageOfSacramento.com
www.MassageOfSacramento.com

MASSAGE SERVICES FOR SURGICAL PATIENTS

Pre-operative	<i>Relaxation for surgery and stress reduction Tissue preparation before surgery for better healing. Preop teaching and measurements</i>
Immediate Postoperative Early postop (weeks 1-6 postop)	<i>Very light therapy for healing, relaxation and immunity Assessment of surgical work and measurements Lymphatic drainage massage for swelling Light work around surgical areas Light muscle relaxation (initially supine)</i>
Intermediate postop (weeks 6-10)	<i>Continued lymphatic drainage massage Medium work around surgical areas, including light scar and adhesion work Relaxation of tight muscles (shoulders, etc.) Opening up front side for better posture</i>
Maintenance Therapy (after week 10)	<i>Continued monthly therapy for pain and mobility Continue work on surgical scar and healing. Body realignment, posture and overall body balance Relaxation and restoration to pre-surgical activities</i>

Lymphatic Drainage Massage is very light massage with the intention of moving water, reducing swelling, improving immunity and cleansing the body. It can also help with headaches, sinus congestion and other symptoms. It is very relaxing. (Techniques: Vodder and Chckley)

Myofascial Release is integrated with massage and releases tight tissue. It is also used for balancing the body structure for better function. Surgery causes tension, tightness and adhesions in the body, which respond well to myofascial release. (Techniques: John Barnes Myofascial Release)

Body measurements may be done before and after sessions to measure the effect of surgery and results of therapy, especially when using lymphatic drainage massage.

Instructions for Surgical Patients

1. **Carefully follow your surgeon's instructions.** Your doctor will give you specific instructions for activity, wound care, use of compression garments or other special appliances. Questions about the surgery and healing should go to your surgeon.
2. **Release for Massage Therapy.** Ask you surgeon about a release for massage therapy. Most surgeons recommend massage therapy with a trained therapist starting in your second week after surgery.
3. **Good Hydration** is strongly recommended before and after surgery.
4. **Preoperative Massage Appointment.** Massage is relaxing and prepares the body for surgery. It also establishes a therapeutic relationship and you can develop a plan with your therapist prior to your postoperative care.
5. **Book Appointments in Advance.** The timing of your appointments before and after surgery is important. Therefore, plan ahead and schedule your appointments to hold the time.
6. **Packages Save Money.** Ask about discounts for multiple sessions. Not only will you save money, but healing and recovery are enhanced with the proper massage and body work.
7. **Get Qualified Massage Therapy.** Steve Metzger is a registered nurse and a massage therapist. He has experience with working with surgical patients using advanced techniques such as lymphatic drainage massage and myofascial release.

The RN Massage Therapist—"Where Massage Touches Medicine!"