



Touch of Haven



Finding a Good Massage Therapist

Taking care of yourself is as important as taking care of your loved ones. Not only do you deserve time for relaxation and relief from stress, but you can benefit from the healing touch that massage can bring.

To find a qualified massage therapist who can meet your specific needs, Haven Hospice Massage Therapy Coordinator Susie Finrock, LMT, recommends the following:

• **Ask friends, family members, a chiropractor or physician for a referral.**

• **Learn which kinds of massage will work best for you:**

Are you seeking relief from anxiety, muscle pain, a specific injury, or to enhance your general well being? If you've been injured in a car accident, deep tissue massage or structural integration (Rolfing) may be recommended.

• **Consult with more than one**

therapist before you schedule an appointment. Do you feel comfortable talking to the therapist and feel confident he or she is listening to you?

• **Ask questions:**

What kind of massage does the therapist offer?

What is the therapist's training and philosophy of care?

How much does the therapist charge per 30- or 60-minute massage? The standard rate is about \$1- \$1.50 a minute.

What is the therapist's location and availability?



Licensed Massage Therapist Joey Madrid volunteers his time for Haven Hospice in St. Augustine and at our employee Day Away Together.

For more information:

American Therapy Association (AMTA) <http://www.amtamassage.org>

Florida State Massage Therapy Association (FSMTA) <http://www.fsmta.org>

Haven's Licensed Massage Therapists

Palliative massage adds so much to patient care at Haven Hospice. It helps patients relax; decreases pain, stress and anxiety; increases physical comfort; and improves sleep. Our licensed massage therapists have specialized training in providing gentle, compassionate touch to our patients that helps to enhance the quality of their lives. In 2008, Haven massage therapists provided more than 500 palliative massage treatments per month for our patients.

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