



**Banner Desert®**  
Medical Center



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[www.bannerhealth.com](http://www.bannerhealth.com)

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## Massage Therapy Services at Banner Desert

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### *What is massage therapy?*

Massage therapy may be a light touch and may advance to a more firm, medium or heavy pressure. Massage therapy helps integrate the mind, body, emotions and spirit through a calming and caring touch. Its profound effect on the patient releases endorphins that enhance the feelings of well being and personal harmony. Massage therapy services at Banner Desert Medical Center are provided by Licensed Massage Therapists with additional training in medical massage.

### *What are the benefits of massage therapy?*

- ⌘ Diminish stress and tension
- ⌘ Reduce anxiety
- ⌘ Improve pain management
- ⌘ Reduce nausea
- ⌘ Improve sleep patterns
- ⌘ Improve respiratory function
- ⌘ Improve circulation
- ⌘ Improve digestion
- ⌘ Diminish pain and discomfort associated with prolonged bedrest

### *What to expect of a massage in the hospital*

The massage therapy session will take place in the patient room in the hospital bed. Patients remain gowned and/or covered throughout the session. Patients are evaluated by their health status and

medical treatment to determine lotion application, type and pressure of massage and their positioning in the bed. Patients then have a massage designed to meet their personal needs. The massage therapist will request feedback about the patient's comfort level, anxiety, pain or discomfort.

### *When is massage therapy available?*

Massage Therapy services are currently offered on Tuesdays and Fridays. The treatment must be authorized by the physician and be ordered through Cerner. This is a fee for service program- \$30 for a 30 minute massage and \$45 for a 60 minute massage. Payment is due at the time of service- cash, check or credit card.

Massage therapy for Oncology patients is a free service. This program is funded through a Turquoise Grant received by the Integrative Therapy department.

### *For additional information*

To contact one of the Massage Therapists, call (480) 512-4108, press option 1. If you need additional information please contact Julie Kesteloot, Manager of Integrative Therapies at (480) 512-3732. Additional Integrative Therapies available at Banner Desert include:

- ⌘ Music Therapy
- ⌘ Clinical Aromatherapy
- ⌘ Hypnotherapy