



Banner Desert®
Medical Center

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Complimentary Massage Therapy for Oncology Patients

What is Massage Therapy?

Massage therapy may be a light touch and may advance to a more firm, medium or heavy pressure. Massage therapy may include a light lotion application.

Typically, a cancer patient undergoing a massage treatment will benefit from a gentle, light-touch massage. However, we recognize that each patient is different and the massage may vary with their individual needs and requests.

Massage Therapy for the cancer patient 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 may diminish stress, tension, pain, nausea and anxiety, resulting in improved functions such as sleep patterns, respiration, circulation and digestion.

Types of oncology massages available

Massage sessions range from 15 to 60 minutes and can be provided in the patient's room or treatment area.

Chair massages focusing on the patient's neck, shoulders, head, arms and hands are scheduled for 15 minute sessions.

Foot and leg massages are offered in 15 and 30 minute session and can be completed while the patient is in bed or in a recliner.

Full-body table massages are available in 15, 30 and 60 minute sessions.

Massage Schedule

Radiation Oncology

Fifteen-minute chair massages are available on Wednesdays in the department. Patients must have a doctor's order for the service and then sign up with the massage therapist.

Inpatient Oncology & Outpatient Treatment Center

On Tuesdays and Fridays, massages are available in 15, 30 and 60-minute sessions. Please speak with your nurse for assistance in securing a physician's order. Your nurse, caseworker or other hospital caregiver can assist you in scheduling an appointment.

Cost of Services

There is no fee for this service. The program is funded through a Turquoise Week Grant received by the Integrative Therapies department.

Turquoise Week Grants are funded by the Banner Health Foundation of Arizona.

What to expect with a chair massage:

A massage chair is designed to allow a seated client to rest by leaning forward into a chest and face support.

Clients remain clothed during the session.

The therapy focuses primarily on the neck, shoulders, head, arms, hands and back.

Minimal make-up and hair disarray may occur.

What to expect of a massage in a hospital bed:

Clients remain gowned and/or covered.

Be evaluated by their health status and medical treatment to determine lotion application, type and pressure of massage and their positioning in the bed.

Have the massage designed to meet their needs regarding touch pressure and length of session.

Give the therapist feedback about their comfort level.

For more information

For additional information about massage therapy, music therapy, hypnotherapy, aromatherapy or counseling services, contact Banner Desert's Integrative Therapy department at 480-512-4108.

Supporting the Program

For information on making tax-deductible donations to Banner Desert programs, including massage therapy, contact the Banner Health Foundation of Arizona at 602-495-4483.