

Massage Therapy

AT THE TRAGER INSTITUTE

Massage therapy is a powerful adjunct to overall care and wellness. The benefits of massage therapy are both immediate and cumulative.

Manual Lymphatic Drainage (MLD) is a medical massage technique that works with the physiology of the lymphatic system. Oncology Massage is the adaptation of massage to provide supportive care for those in cancer treatment, or with a history of cancer treatment.

Touch is a powerful tool that can help regulate the nervous system and bring the body to a more relaxed state. A relaxed body is a body that supports natural healing processes. Massage therapy is safe and effective, when offered by a skilled practitioner such as at Trager.

BENEFITS OF MASSAGE

- Pain management
- Neuropathy
- Sleep quality
- Balance and flexibility (by promoting body awareness)
- Reduce allergy-related sinusitis
- Migraine management
- Lymphedema and post-surgical swelling

CONTACT US

Call (502) 588-0433 or visit www.tragerinstitute.org/massage-therapy to register.