

# A Typical Massage Therapy Session...

## What do I wear?

Generally, clients fully disrobe, but Deborah encourages you to wear what will help you to feel most comfortable. Deborah does know some techniques that are done with the person fully clothed, if desired. You will be fully draped (a sheet will cover you), and Deborah exposes only those portions of the body that she is working on. For those who have specific injuries in the groin area, and would like work there, please wear briefs.

## What kind of work do you do?

Deborah has received training in several modalities and incorporates them into her sessions. The initial session is categorized as either relaxation/wellness oriented or clinically-based. A short summary of the differences are below:

Relaxation / Wellness Session	Clinically-based Session
Ideal when no specific issues are present and the main objectives are to relax and be pampered.	Ideal when suffering from chronic pain or an injury, or when there are postural issues.
No active participation is required	Full participation is required, discussion and feedback is requested.
Swedish based and other techniques incorporated as it seems appropriate	St. John NMT and Practical Movement and other techniques: craniosacral, sports & Russian sports massage, etc.

Deborah's work is non-sexual, which brings us to another issue that needs to be addressed. Touch therapy is a sensory experience in that it stimulates the senses, and in a private, non-professional atmosphere can be very sexual. However, a sexual response to the work is never appropriate in a professional massage therapy setting, and if the client also comes in with this attitude, there is never a problem. Should sexual advances be made, the session will be terminated immediately.

## When does the Session Begin and End?

The session time begins when the therapy table is set up and ready to go and ends when the time allotted for the session concludes. Sometimes additional work would appear to be of benefit and rather than ending the session without completing that work, Deborah will give you the choice of whether to continue or conclude the session on time. If Deborah believes that additional time for the session could be helpful, she will usually bring it up about 15 minutes before the end of the allotted time. You will be charged for the additional time.

## How is the session structured?

(Items marked by \* are optional during a relaxation session)

There is no set time allotted for each item. Each area is addressed as time permits. For example, clients sometime choose to use the bulk of their session as check-in.

**Check-In:** Prior to putting her hands on you, Deborah wants to know how you are... any trouble spots, what you noticed about the last session (i.e. how long did it last, when or if any of the old discomforts returned, has the discomfort changed, etc.). The check-in is technically part of the session, but you may choose to do some of the check-in while Deborah is setting up the table (remember, the time doesn't start until the table is ready).

**\*Quick-Evaluation:** Deborah may do a short postural exam before you get on the table to help her determine where she will begin her work. She may ask you to walk around a bit, while she examines your movement patterns.

**Hands-On Therapy:** Deborah utilizes a variety of techniques, depending upon your needs and what the evaluation determines. For example, the neuromuscular technique (NMT) consists of seeking out where the pain is and then pressing on that area. So, yes, it may be a little uncomfortable. But remember this: any discomfort that you may feel should be *tolerable* and should *not* go beyond "hurts so good." *There is no gain in pain.* In a clinically-based session you will be asked to participate by giving Deborah feedback as she works, and paying attention to the effects of the work as it is happening.

**\*Movement Therapy:** Deborah may have you do movement during the session to augment the hands-on work. She may also ask you to review movements that were suggested as homework to ensure that you are doing them correctly.

**\*Homework:** Deborah may suggest some type of activity for you to do that supports the work done in a session, if you're interested. Typically, this consists of 10 minutes of easy movement that is done every day. Please note that this information is educational in nature, is optional, and is not intended as a prescription.

*If this is your first session with Deborah, add a comprehensive Medical History. This consists of filling out a form and discussing it fully. Deborah needs to know your health history to ensure a safe and effective session. The forms may be downloaded from the website at <http://debkimmet.com/newclient.html>. If you do not have internet/printing capability, the forms will be sent to you so that you may have it filled out prior to your session. This ensures you are not spending your session time (and money) filling out the necessary paperwork. If you are seeking a relaxation session, expect to spend 1-1/4 hours or less for your first session. If this is your first clinically-based session, the 90 minute session is recommended (plus 10 minutes extra time for dressing and closing out the session). This ensures that there is ample time to discuss your history and your expectations of the treatment, complete a more comprehensive postural evaluation, as well as time for hands-on work.*

Should you have any questions, please feel free to discuss them with Deborah!