

WOMEN'S HEALTH OUTLOOK



Provided by the Olson Center for Women's Health and the Wellness Council of the Midlands

The Olson Center for Women's Health offers an array of women's health services for every stage of your life.

Primary Care

- General internal medicine
- Well-woman care
- Mental health therapy

Obstetrics & Gynecology

- Pregnancy care
- Family planning
- Annual exams
- Gynecologic care
- Menopause management
- Gynecologic oncology

Diagnostic Services

- Digital mammography
- Bone density screening (DEXA)
- Obstetrical ultrasound
- Fetal monitoring
- First trimester screening
- Urodynamics

Specialty Care

- Breast care
- High-risk obstetrics
- Cardiology
- Dysplasia (abnormal pap smears)
- Urogynecology (incontinence)
- Dermatology
- Pain management
- Physical therapy
- Infertility
- Maternal diabetes management
- Midwifery
- Gastroenterology
- Urology & sexual dysfunction

Counseling

- Genetics
- Social work
- Smoking/tobacco cessation
- Nutrition
- Weight management

Resource Center

- Health library
- Community education events
- Patient & family resources

On-site Support Services

- Interpretation
- Lab draw
- Massage
- Financial counselor

For appointments, call
(402)559-4500.

For comments or questions about
the Women's Health Outlook or to
subscribe, please call
(402)559-6345

Massage Therapy and You!

Have you ever had a massage? Have you thought about giving it a try? Massage Therapy performed by trained and licensed massage therapists has a lengthy list of benefits for your health and well-being.

WHAT IS MASSAGE THERAPY

Massage Therapy's main purpose is to loosen the tension that collects in your muscle tissue due to stress, injury, repetitive movements and postural issues. The licensed therapist uses a variety of techniques to manipulate and knead the muscles, pushing the toxic build up out and flushing the muscle tissue with freshly oxygenated blood. Releasing the tension and increasing the circulation in this way not only feels wonderful, it has extra health benefits as well.

BENEFITS

Massage therapy relieves tension headaches and helps drain sinus congestion. Many people report that they sleep better after having a massage. Massage can help facilitate the re-mobilization of joints, muscles and limbs after injury or surgery. It also reduces the pain level for patients with fibromyalgia and helps chemotherapy patients feel better. In a study performed at the Touch Research Institute, "high blood pressure and associated symptoms were reduced by massage therapy."¹ Many similar studies have found that massage therapy had the same positive effects on a range of conditions from low back pain to asthma, autism, anxiety, and ADHD.

DIFFERENT TYPES

There are many different types of massage therapy treatments. The most common massage therapy is Swedish Massage, which is used for relaxation and release of tension. Deep Tissue Massage uses very deep pressure, can help to relieve tension and release

trigger points in the muscles. The heated stones in a Hot Stone Massage are very soothing to the muscles, especially during the cold winter months. There are special techniques in a Prenatal Massage that can help relieve some of the discomforts of pregnancy, such as low-back and sciatic pain. Shiatsu Massage uses the acupressure points to help increase the flow of energy throughout the body. Many other kinds of massage therapy are also available. Massages can be performed on a table or in a chair or seat. For a seated or chair massage you sit upright on a special chair. You can lean forward on the face cradle, relax and get off your feet for 5, 10 or 15 minutes. The licensed massage therapist massages your neck, shoulders and back through your clothing with specially designed techniques to loosen up the muscle tension and increase circulation. It's a great way to take a break and return to work and other daily activities feeling refreshed and rejuvenated.

MASSAGE THERAPY AT THE OLSON CENTER

An easy way to try a chair massage is to stop in and see

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one of the licensed massage therapists at the Olson Center for Women's Health, which is an accredited licensed massage therapy facility through the state of Nebraska. Here, all waiting patients receive a five minute FREE chair massage in the waiting room. For only a \$1.00 per minute, anyone else can experience a nice break from work and a great way to try out chair massage.

In the Olson Center, there are three licensed massage therapists: Janice VonHeim, Kiera Nagle, and Susanne Montagne. Each licensed massage

therapist offers their service at various times throughout the week, however one is always on duty between the hours of nine and three at the Olson Center. While they only offer chair massages at the Olson Center, each therapist also offers table massage at their private clinics. Contact information can be found on our website under "Support Services". The massage therapists would be happy to answer any questions you might have. One patient described her experience this way: "The massage in the Olson Center was awesome!"

Many people enjoy the health benefits of massage therapy and find that it improves their quality of life. Massage therapy is increasingly being recognized by physicians as a helpful addition to more conventional medical treatment and is becoming an important part of integrative medicine.

*Contributed by Janice VonHeim, LMT and
Kiera Nagle, LMT
Olson Center for Women's Health*

FIELD, T., (2000). JOURNAL OF BODYWORK AND MOVEMENT THERAPIES, 4, 31-38.



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