

# Welcome Treatment Centre Massage

## Information for Patients



**Massage is soft and gentle movements, through touch, to different parts of the body using an appropriate oil/lotion:**

- Neck and shoulders
- Back
- Hands
- Feet.

Massage is a caring and relaxing treatment given alongside, but never in place of, your medical treatment. It can be done in a comfortable chair or on the couch and will be adapted to your needs.

Removal of clothes is not always necessary; your privacy and dignity will be maintained at all times.

**Massage will not be performed if you have:**

- A temperature.
- Any broken areas of skin, rashes or inflammation.
- A history of recent thrombosis (blood clots).

### Massage can help to:

- Reduce stress and lift mood.
- Aid relaxation, mentally and physically.
- Relieve muscle-pain and tension.

### Care advice:

- Avoid a heavy meal prior to your treatment.
- Avoid alcohol for 24 hours before treatment.

### Following treatment:

- You may feel light-headed. We advise you to rest for five to ten minutes following treatment.
- It is essential you drink plenty of water/ herbal teas. Please avoid caffeine and alcohol for 24 hours after therapy.
- You may need to pass urine more often.
- You may experience emotions such as tearfulness, sadness or elation. If so, tell your therapist who will offer appropriate support.
- Listen to your own body. Rest if you are tired. Take a gentle walk if you are feeling energised.

All patients who attend the Welcome Treatment Centre can be referred by their medical team or specialist nurse. You will be offered a minimum of four treatments, subject to the availability from the fully qualified therapist. The treatments are free and will be suitably adapted for your individual needs.

Each patient will have a consultation by the therapist, who will always undertake a holistic assessment, gain your consent, and discuss and adapt the appropriate therapy as required. The consultation and each therapy session last approximately 50 minutes.

Appointments for complementary therapies are limited. If you are unable to keep your appointment please contact the Welcome Treatment Centre on telephone 01623 622515, extension 3079.

### Contact details

Welcome Treatment Centre, King's Mill Hospital **Telephone:** 01623 622515, extension 3079

### Other useful contacts

Mansfield Self Help Cancer Group The Patchills, Eakring Close Eakring Road, Mansfield, Notts.  
The group meets every first and third Monday of each month at 7pm.  
Contact: Alorafocus – Telephone: 07922 325 330 or 07979 977 401.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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