



Meg Robsahm, M.Ed., LMP, NCTMB
www.CompassionateTherapies.com
425-422-8455

What is Oncology Massage?

The [Society for Oncology Massage](#) has defined oncology massage as: the adaptation of massage to safely nurture the body, mind and spirit of anyone dealing with cancer.

Massage for people living with cancer must be thoughtful and appropriate to a client's continually changing plan of care. Massage also needs to be respectful of the clients' health and their experience with cancer. This speaks to a quality of care that implies sensitivity, knowledge, and compassion with humor as needed.

Considerations for adjustments

Each time massage is provided the practitioner must consider the clients current health. Some of the most important considerations include but are not limited to:

- Changing blood work
- Fatigue levels
- Exposure to infection and immunosuppression
- Risk for lymphedema
- Medical devices
- Blood clots

Massage modifications will include a variety of the following:

- Restrictions on pressure, site, and positioning
- Appropriate modalities and types of strokes
- Changes in session length and location