



## **Why Refer?**

As long as massage is adjusted to fit the needs of the client, undemanding comfort oriented massage and caring touch can be provided at any time during the cancer experience. Cautions and considerations must be observed, and situations such as high dose radiation prevent massage from being administered. Massage and caring touch is especially comforting in the palliative stages.

## **Symptom related reasons to Refer:**

- Help decrease anxiety
- Short term pain relief
- Help relieve depression
- Help relieve fatigue
- May help manage nausea
- May help improve insomnia
- Reduce symptoms of edema
- Reduce/manage early stages of lymphedema
- Help reduce the appearance and adhesions of scars
- Help increase energy and sense of well being
- Provides relief from isolation
- Offers meaningful contact and rebuilds a sense of hope
- Increases circulation of lymph and blood, assisting in toxin removal
- Helps bring heart rate and blood pressure back to normal
- May also help with peripheral neuropathy
- Reduce muscle tension and holding patterns
- Improves nerve and bowel functions

Symptom list adapted from Medicine Hands, Massage for People Living with Cancer, Gayle MacDonald, MS. LMP; Findhorn Press, 1999.