

What to Expect on Your First Visit to Amanita Massage Therapy

The door to the clinic is kept locked during treatment, so please knock to let Laura know you have arrived.

Please arrive wearing loose or stretchy clothing that you can move in. This is helpful for assessment purposes and for performing homecare exercises after your massage.

Please avoid bringing any unnecessary items to your appointment. There will be a sanitized plastic bin provided to place your belongings in upon arrival.

Please avoid wearing heavily scented products to your appointment. Lightly scented or unscented products are preferred for the comfort of others. Please let Laura know of any allergies prior to your appointment.

A detailed Health History will be taken at your first visit. This includes filling out the online intake form as well as an in-person interview. This is important as it gives the therapist a clear picture of your needs and any potential contraindications to massage therapy. All information is relevant including any past injuries, surgeries, and medications.

You will be asked to sign two separate consent forms. One is regarding Confidentiality and Informed Consent in regards to massage therapy treatment. The other is specific to COVID-19 and clarifies that you understand the potential risks of receiving massage therapy at this time.

A brief physical assessment is also performed to gather more information regarding your specific condition. This may involve visual observation, palpation, active/passive range of motion testing, manual muscle testing, or specific orthopedic testing.

You are the owner of your body; therefore, treatment is structured around the patient's comfort and boundaries. Clothed treatment is an option if preferred. Otherwise, you may be asked to remove clothing only in the areas being treated. During treatment, you will be covered with a top sheet and also a blanket for warmth if needed. Only the area being treated will be undraped. Your therapist is there to listen to any concerns you have and adjust the treatment accordingly.

Techniques may include Myofascial Release (no oil/lotion), Swedish Massage (with oil/lotion), Joint Mobilizations, Trigger Point Therapy, Passive and Active Stretching, and Breathing Exercises.

After your massage is over and you are dressed, you may be given homecare to help the treated tissues settle and recover as well as remedial exercise to further help relieve pain and support the affected areas.