

Oncology Massage

Oncology massage is a specific form of massage that can safely help manage side effects from cancer or its treatment. A licensed massage therapist provides this service in the Integrative Medicine Center.

Oncology massage may help with:

- Anxiousness
- Depression
- Stress
- Pain
- Fatigue
- Poor sleep
- Overall well-being
- Neuropathy



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Frequently Asked Questions

Is massage safe?

- Lab results are reviewed before each session. This is to check your risk of bleeding and for an infection. If you have a high risk for either or both, you may not be able to get this service.
- The therapist may change the site, pressure and positioning of the treatment. This is based on your medical history and current condition.

What can I expect from my session?

- All visits take about 1 hour and 15 minutes. This includes:
 - A 15-minute check in and pre-assessment
 - A 45-minute oncology massage consultation and treatment (average time)
 - A 15-minute check out and post-assessment
- You must sign a consent form.
- You will complete a form to check your symptoms before and after each visit. This helps to measure how well the treatment is working.
- Vital signs are taken before each session.
- You may eat a light snack before your appointment if needed.
- The massage therapist will instruct you on which clothing to remove for your session. A sheet and blanket will be provided for your comfort and privacy. Gowns are available if you prefer.
- The length of time for your first massage may be shorter than future sessions. This is due to getting your medical history, reviewing your goals and signing the consent form.
- The exact number and frequency of treatments depends on your symptoms.



Note, tips are not accepted.

If you are interested in this service, ask your health care team for a referral to the Integrative Medicine Center. For information on oncology massage inpatient services, contact the Integrative Medicine Center.

Resources

To learn more, visit:

- www.NCBTMB.org
- www.AMTAMassage.org
- www.S4OM.org

For questions or concerns, contact:

Integrative Medicine Center

Phone: 832-750-3685

Email: Send a message through MyChart

Fax: 832-750-3674

Hours: Monday through Friday, 8 a.m. to 5 p.m.

Website: www.MDAnderson.org/IntegrativeMedCenter

Check your After Visit Summary or MyChart account for the time and location of your appointment.