

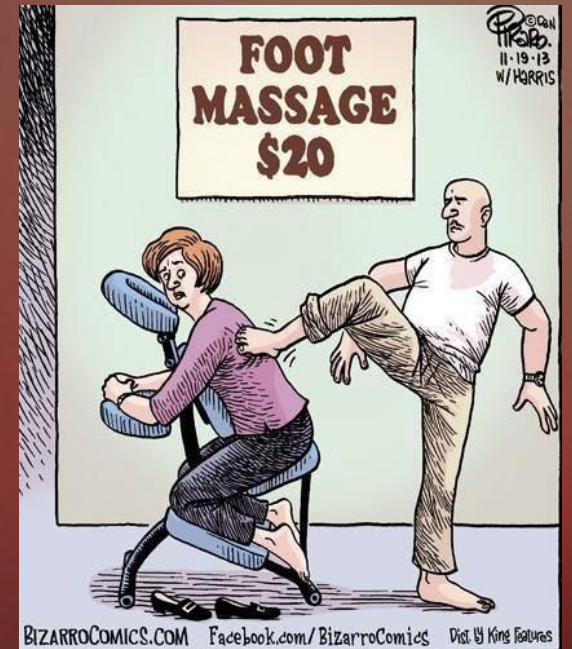
THE BENEFITS OF MASSAGE THERAPY FOR PEOPLE LIVING WITH SICKLE CELL DISEASE

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DISCLOSURE SLIDE



WHEN YOU THINK OF MASSAGE WHAT COMES TO MIND?



WHO WE ARE...

- Combined 45 years of experience in Massage Industry
- Clientele with auto-immune, cancer, pre and post operation, athletes, youth & general population
- Started Pro To Col Sport Systems in 2016



WHAT IS MASSAGE THERAPY...

A type of treatment in which a trained and certified medical professional manipulates the soft tissue of your body, muscle, connective tissue, ligaments and skin using varying degrees of pressure and movement.

Considered part of complimentary and integrative medicine. Increasingly being offered with standard treatment for a wide range of medical conditions and situations.

WHAT HAPPENS TO THE BODY DURING A MASSAGE THERAPY TREATMENT

Reduces tension in muscles

Enhances circulation

Relieves Stress

Stimulates movement of lymphatic fluid

Boosts immune function



Eases muscle pain

Improves sleep quality

Improves joint mobility

Speeds healing of soft tissue injuries

Improves mental alertness

HOW DOES MASSAGE THERAPY HELP SOMEONE LIVING WITH SCD?

- Recurring or chronic pain is the hallmark clinical feature of sickle cell disease
- Massage may produce relief by pressure stimuli from therapy competing with pain stimuli to reach the brain first
- Reduces muscle rigidity and spasm in SCD



BENEFITS OF MASSAGE THERAPY

- Increased blood & parasympathetic circulation
- Improved joint movement
- Relaxation
- Promotes daily activity/movement
- Pain relief
- Reduce hospital and emergency department visits & opioid use

IS MASSAGE THERAPY THE
CORRECT TREATMENT FOR
EVERYONE WITH SCD??



WHEN USING MASSAGE THERAPY FOR SCD...

- Massage Therapy has not been found to trigger an acute pain episode
- Respect the client's personal limitations and comfort levels
- Proceed cautiously
- Be in close communication with the patient's physician
- Have knowledge of the disease, symptoms & complications
- Seek medical care during an acute SCD episode

WHAT TYPES OF MASSAGE THERAPY ARE BEST SUITED FOR SCD?



Swedish Massage



Reflexology Massage



Thai Massage



Light Shiatsu Massage



Hot Stone Massage

WHAT TYPES OF MASSAGE THERAPY ARE NOT BEST SUITED FOR SCD?



Deep Tissue Massage



Aromatherapy Massage



Sports Massage



Hot Stone Massage



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MASSAGE THERAPY & TOUCH
GIVES THE CAREGIVER AN
OPPORTUNITY TO ACTIVELY
DO SOMETHING THAT CAN
HELP THE PERSON GOING
THROUGH CRISIS

THE POWER OF TOUCH

- The largest human organ is the skin
- When you get hurt, you naturally reach to the injured area
 - Connection



“TOO OFTEN WE UNDERESTIMATE
THE POWER OF A TOUCH, A SMILE,
A KIND WORD, A LISTENING EAR,
AN HONEST COMPLIMENT, OR THE
SMALLEST ACT OF CARING, ALL OF
WHICH HAVE THE POTENTIAL TO
TURN A LIFE AROUND.”

-Leo Buscaglia

QUESTIONS?

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