

## About the therapists

The therapists in the integrative medicine clinic at Children's are credentialed or certified through accredited organizations. They include a medical doctor, massage therapists, and nurses. All have experience in treating children and adults.

Staff will answer any questions you have before, during, and after your treatment session.

## Are these services covered by insurance?

Therapy may or may not be covered by your insurance provider. It is your responsibility to understand your insurance coverage, including pre-authorization requirements.

Payment for therapy is collected at the time of your appointment. Families are encouraged to apply for the sliding fee assistance, if needed.

## To make an appointment

If you are new to the Integrative Medicine Program, please call (612) 813-6797.

If you have already been seen in the clinic or would like more information, please call (612) 813-7888 to schedule an appointment. The fax number is (612) 813-7199.

All children and their families are welcome to use the resources of integrative medicine.

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## Integrative Medicine Program

### Children's - Minneapolis

Medical Office Building (MOB), Suite 306  
2545 Chicago Avenue South  
Minneapolis, MN 55404

### Children's - St. Paul

Garden View Medical Building, Suite 403  
347 North Smith Avenue  
St. Paul, MN 55102

**(612) 813-7888**

(612) 813-6797, for new patients

Visit us at

[www.childrensintegrativemed.org](http://www.childrensintegrativemed.org)



Delivering Next Generation Care

# Massage Therapy and Healing Touch Services



## INTEGRATIVE MEDICINE PROGRAM



Delivering Next Generation Care

At Children's Hospitals and Clinics of Minnesota, staff promotes the blending of traditional, cultural, and complementary options in medical practice and treatment.

The massage therapists at Children's are trained to perform a variety of services to help children and adults manage pain and discomfort. This brochure describes some of the available services. For more information, or to schedule an appointment, please call integrative medicine at (612) 813-7888.

### **Craniosacral therapy**

Craniosacral therapy is a light-touch, hands-on manual therapy that helps the body through its natural healing process.

The craniosacral system runs from the bones of the skull, face, and mouth through the spine to the tailbone. It contains the cerebrospinal fluid that surround and protect the brain and spinal cord.

The trained therapist evaluates the function of the craniosacral system for any imbalances and restrictions. Craniosacral therapy can help:

- decrease pain in the neck, back, and joints.
- relieve headaches, both tension and migraine.
- reduce anxiety and promote relaxation.
- decrease arthritis pain.
- increase the awareness of the mind-body connection.

### **Healing touch**

Healing touch is an energy-based approach to health and healing. It uses touch to influence the energy field that surrounds the body and the energy centers that control the flow from the energy field to the body.

Healing touch is a non-invasive therapy. The therapists use their hands to clear, energize, and balance the human and environmental energy fields. This impacts the physical, emotional, mental, and spiritual health and healing. The goal of healing touch is to restore harmony and balance to improve health and healing.

Healing touch can help:

- wound healing.
- reduce pain.
- increase relaxation.
- decrease anxiety, tension, and stress.
- prevent illness.
- enhance spiritual development.
- prepare for medical treatments and procedure.
- manage side effects.
- provide support during hospice and palliative care.

### **Myofascial release**

Myofascial release is a gentle stretching of the connective tissues between the muscles and bones (fascia). Generally, myofascial release therapy is used after an acute injury. It also helps to relax muscles without using deep-tissue massage or trigger point therapy.

### **Swedish massage**

Swedish massage relaxes muscles by pressing them against deeper muscles and bones. This increases oxygen flow in the blood and releases toxins from the muscles.

Swedish massage affects the body's nerves, muscles, glands, and circulation while promoting health and well-being. It helps to:

- shorten recovery time from muscular strain.
- increase circulation without increasing heart load.
- stretch ligaments and tendons, keeping them flexible.
- stimulate the skin and nervous system, while soothing the nerves.
- reduce stress, both emotional and physical.

### **What to expect from a therapeutic massage session**

Massage sessions can last 15 minutes to one hour, depending on age, need, and desire. At Children's, we provide massage for children, parents, and staff. The massage session can be in a hospital room or in the integrative medicine clinic.

During a massage session, you will be draped with a blanket or sheet at all times. The only body part uncovered is the area on which the therapist is working. It is your choice whether you leave your clothes on or not.