Therapeutic Massage

delivered by a trusted name
Family owned and operated as the most trusted resource for in-home care services since 1968, Family & Nursing Care is also the nation’s expert in therapeutic massage for older adults. Everything about our massage services is in line with our mission to enhance people’s lives as they age. Our focus is on you and your quality of life.

We provide a true therapeutic experience. Your massage will be tailored to your individual health situation, needs, and goals. We come to your home, be it a private residence or senior living community. And, we pay attention to your feedback and responses to make sure your massages are the most effective and enjoyable for you.

Flexibility. Mobility. Vitality. We want you to have it all.
The Power of Touch
It’s beautifully simple... therapeutic massage can enable older adults to extend the vitality and quality of their lives.

It can increase relaxation, improve circulation, relieve pain, accelerate healing from injury and illness, strengthen the immune system, and improve sleep quality. In addition, when performed by our trained licensed massage therapists, it can provide symptomatic relief from many common conditions that occur with age.

In addition to the therapeutic benefits, our massages give you or your aging loved one a little TLC, a little extra one-on-one attention, a feeling of well-being that comes from the power of touch. This can lower the risk of anxiety and increase feelings of comfort.

What’s more, the physical, mental and emotional benefits of therapeutic massage make it a valuable complementary therapy to any other treatment plan.

“The weekly massages that my mother receives have a real therapeutic effect on her—both mentally and physically. Not only does she look forward to her sessions with her therapist, but the massages help relax her head and neck muscles that are tight due to her Parkinson’s disease.”

—Mark K.
Washington, DC
Swedish Massage
This is a classic massage technique that uses long, soothing strokes to relieve sore, tired muscles, reduce stress, encourage relaxation, and enhance circulation.

Gentle Touch Massage
The massage therapist will carefully place her hands, without movement, over the muscles and joints to provide comfort, stress-relief, positive energy, and human connection.

Deep Tissue Massage
This massage targets the deep layers of muscles and tendons and releases tension and chronic muscle pain through slow, deep, direct strokes and finger pressure.

Myofascial Release
This massage incorporates stretching techniques to relieve pain caused by tightness in the body. This very slow and deliberate work enables the fascia to completely relax.

Our massage therapists are skilled at many other massage techniques that can be incorporated into your session. Please contact us for more information.
Specialty Massages
Massage for Arthritis
This massage combines various techniques to help decrease arthritis pain by stimulating blood flow, relaxing the muscles and joints, and enhancing range of motion.

Massage for Low Back Pain
Focused on reducing lower back pain, this massage is targeted to improve daily functioning, reduce reliance on pain medication, and increase range of motion.

Massage for Stroke Recovery
This massage can help stroke survivors who have a resulting disability or degree of impairment by helping to reduce pain, restore or improve nerve function, and stimulate blood flow to improve mobility.

Studies on the effects of massage for arthritis symptoms showed that regular massage led to improvements in pain, stiffness, range of motion, hand grip strength, and overall function of the joints.

Source: Arthritis Foundation www.arthritis.org (2013)
Specialty Massages
Massage for Parkinson’s Disease
By helping over-stressed muscles relax and improving range of motion, this massage can help alleviate pain, reduce rigidity and tremor, improve sleep, and increase daily stamina.

Massage for Fall Prevention
By helping to increase stability and balance, massage can help reduce fall risk factors and decrease or prevent falls.

Massage for Fibromyalgia
This massage helps relieve fibromyalgia pain by reducing tension in overactive muscles as well as reducing the mental stress caused by this pain.

Massage for Dementia and Alzheimer’s Disease
This tailored massage can bring great joy, peace, and comfort to these clients and may also help to reduce challenging symptoms associated with the condition.

The specific benefits of massage for people with Parkinson’s disease may include reduction in rigidity and tremor, improvement in sleep, increase in daily stamina, reduction in anxiety, and increased feelings of relaxation.

Source: National Parkinson Foundation
www.parkinson.org (2013)
Specialty Massages
Oncology Massage
Massage for cancer survivors or those undergoing cancer treatment is a very gentle, yet powerful bodywork that helps reduce or alleviate the stress, pain, nausea, or neuropathy that sometimes accompany cancer and its treatments. It can also help increase mental clarity, often diminished by chemotherapy.

Massage for Hospice and Palliative Care
Depending on the client’s comfort level, this massage may consist of gentle massage strokes or very light holding of feet, arms or hands. It also serves as a compassionate human presence as people reach the end of their lives.

“Massage is a necessary component to my husband’s care...He sleeps better, it’s wonderful for pain relief and he really looks forward to it.

Getting weekly therapeutic massages has made a significant difference in his quality of life.”

—Kara G., Silver Spring, MD

Our massage therapists are skilled at working with numerous conditions, in addition to those listed here. Please contact us for more information.
Our Licensed Massage Therapists
A selection process that is extremely thorough. The most critical component in making Family & Nursing Care the leader in therapeutic massage for older adults is our massage therapists. They are very, very good at what they do.

Each candidate must meet a notably high standard. To start, they must be Licensed Massage Therapists. Having this distinction allows them to practice in health care settings such as nursing homes, hospitals, and doctor’s offices (unlike registered massage practitioners who can only practice in a private business, fitness club or spa). They must also pass a thorough personal interview and rigorous background check, be approved by our Vice President, and attend a comprehensive orientation.

Our therapists are:

- Specially trained and experienced in working with both healthy older adults and those with a medical condition.

- Knowledgeable about the effects of commonly-used medications and how to adjust their massage techniques accordingly.

- Skilled at how to best position their clients to feel supported and comfortable, including those with mobility limitations or who may be in a wheelchair or hospital bed.
Tips for a Better Massage
Get ready to relax. Your massage therapist will arrive a few minutes before your scheduled appointment to set up. This is your time and you should delight in the experience to the fullest. If you want to talk, that’s fine, but never feel obligated. Feedback is welcome—whether the pressure is too light or too heavy, if you would like the massage to focus on a different area, or if you would like the volume of the music adjusted—please notify your massage therapist of any discomforts or preferences.

Your 60 minute session includes time to talk with your massage therapist both before and after you receive your massage. The length of the actual massage will be based on what best serves your comfort level and needs.

Your personal privacy and comfort is of the utmost concern. Massages may be enjoyed with or without clothing. You may wear whatever is most comfortable for you. Modesty is respected at all times. During the massage, the body is fully draped except for the area being worked on. You may also be asked to turn over during the massage. Your massage therapist can assist you if needed.

A quiet space in your home will make your massage the most enjoyable. Please select a space approximately 6 by 9 feet to fit our massage table. We can also accommodate those who feel more comfortable in their bed, a hospital bed, a wheelchair, or their favorite chair.

We bring all the necessary equipment, including a massage table, a table warmer, fleece padding, soft sheets and blankets, organic lotions, and soothing music.
**Payment** A credit card is required to reserve all appointments. We accept Visa, MasterCard and Discover. We also accept personal checks over the phone. Cash is not accepted for payment.

**Gratuity** is customary. If you tip, we recommend tipping the massage therapist directly after your session.

**Cancellation** You may cancel your appointment without charge any time before 5:00 pm on the business day preceding your appointment. Same-day cancellations will be charged 100% of the scheduled service price.

**Lateness** We regret that if an appointment begins late due to the client’s late arrival/late readiness, the massage will still end on time as a courtesy to our other clients and to our massage therapists. Clients will be charged the full price.

**Gift certificates** Give the gift of wellness. Gift certificates are available for purchase online at familynursingcare.com or by calling 301-588-8200.

**Health Insurance Reimbursement** With a doctor’s order, your health insurance company may reimburse you for our therapeutic massage services. We can assist you in calling your insurance company to ask about benefit eligibility for massage.

We are not a participating provider with any insurance company. We will give you a receipt that you can submit.

**Qualified Medical Expense** With a doctor’s order for massage, your therapeutic massages with Family & Nursing Care may be a qualified medical expense for tax purposes. We encourage you to check with your tax advisor for further information.

*Please visit familynursingcare.com for more information.*
Care comes full circle.