Sitting for hours at a computer... Standing through weekly labs... Practicing... an instrument, a sport... Lugging a backpack across campus... Facing deadlines and exams...

What do they have in common?

Can you say **STRESS??**

These activities, added to the typical Cornell workload, keep our muscles tense and tight. And once the tension sets in, we tend to carry it with us everywhere we go.

Symptoms commonly experienced under stress include: stiffness or pain in the neck and shoulders, backache, headache/migraine, insomnia, stomach tightness or upset, jaw tension, fatigue, anxiety, and emotional outbursts. If you are experiencing even one of the above with any frequency, massage may provide welcome relief.

**What is Massage?**

Massage is to the human body what a tune-up is to a car. It involves the systematic manual application of pressure and movement of the soft tissue of the body— the skin, muscles, tendons, ligaments, and fascia (the membrane surrounding muscles and muscle groups), in order to provide a physical and mental boost to the weary, sore, and stressed.

**Therapeutic massage/ manipulation of the soft tissue structures of the body:**
- prevents and alleviates pain, discomfort, and muscle spasm.
- reduces stress and anxiety.
- promotes relaxation and calm thinking.
- enhances health and well-being.

These healing benefits have been recognized in both Eastern and Western cultures for thousands of years.

**Benefits of Massage**

**Physical**— Massage therapy is designed to stretch and loosen muscles, improve blood flow and the movement of lymph throughout the body, facilitate the removal of metabolic wastes resulting from exercise or inactivity, and increase the flow of oxygen and nutrients to cells and tissue.

In addition, massage stimulates the release of endorphins—the body’s natural pain-killer—into the brain and nervous system.

**Mental**— Massage therapy can provide a relaxed state of alertness, reduce mental stress and enhance the capacity for calm thinking and creative expression.

**Emotional**— Massage therapy attends to our basic need for caring and nurturing touch, creates a feeling of well-being and reduces anxiety levels.

**What to Expect**

At your first appointment, the massage therapist will ask you about your health in general and about anything happening in your body that massage might be able to help. This helps the therapist tailor the massage to meet your needs. You will receive your massage in a private space that has been set up to maximize your relaxation and comfort. Before the therapist enters the room, you will undress to whatever degree is comfortable for you. You will be covered by a sheet throughout the massage. The therapist will undrape only the part of your body that is being massaged, ensuring that your modesty is respected at all times. The massage takes place on a comfortable, padded table.

**Appointments & Billing**

To schedule an appointment for massage therapy during business hours, call 607 255-7217. Students, faculty, staff, and visitors are eligible. Please check www.gannett.cornell.edu [search “massage”] for current hourly rates. Services may be billed or (for students) charged to your bursar account during the academic year.

Appointments take place at Cornell Physical Therapy, Schoellkopf Hall on Campus Road.

**Cornell Massage Therapy**

Cornell Massage Therapy is a service of Gannett Health Services. It is provided for the benefit of the members and guests of the Cornell community.

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