**What is cancer massage/oncology massage?**

Almost every cancer patient can have massage during any stage of their treatment, as long as their therapist has been trained in oncology massage. To find a qualified therapist, check [www.s4om.org](http://www.s4om.org) (the Society for Oncology Massage) or [www.massagetherapy.com](http://www.massagetherapy.com). Both websites have a therapist locator service based on your zipcode. Oncology massage requires therapists to be fully educated in, and pay close attention to, the physical and emotional needs of clients in all stages of cancer, including a thorough understanding of precautions that should be practiced both during and after periods of radiation, chemotherapy, as well as pre- and post-surgery. The pressure the therapist uses will be light and soothing. He or she will know how to work around your port, radiation burns, surgical sites, and areas where lymph nodes were removed. He or she may have training in scar tissue release therapy and range of motion techniques.

Courtesy of: Julia Morrow, CMT/CES/CLT…www.massagebyjulia.com