

# **AMERICAN MEDICAL MASSAGE NETWORK (AMMN)**

## **Frequently Asked Questions (FAQs)**

**W**ELCOME to the American Medical Massage Network Affiliated Clinic, a National Network of Well-Trained and Qualified Specialists in Medical Massage. We are not just another Massage Therapist, but have had ‘Advance Academic Training and Experience in helping you become well, in collaboration with your physician or other healthcare professionals. As a client, you are a valued part of our continuing educational experience & research.

In order to meet AMMN’s high standards and the Massage Practitioner’s Licensing Requirements, the Medical Massage Specialists must complete rigorous training and are required to continuously attend ‘Continuing Medical Education’ programs, offered by AMMN, and many other Medical Organizations, within the state and beyond.

If you have any questions or concerns about your session, please feel free to discuss them with the Therapist or contact AMMN at [info@medicalmassagenetwork.org](mailto:info@medicalmassagenetwork.org).

### **Q. Why is my doctor or healthcare professional referring me to you?**

A. Massage Therapists are generally licensed as ‘Health Care Professionals’. They all have a Basic Training. But we are highly trained & experienced in Medical Massage. It is the same difference between a Primary Care Doctor and a Specialist. Your doctor has referred you to us, because he/she knows that you need to see a Specialist, for non-pharmacological treatment of your health condition.

### **Q. Does my insurance pay for Medical Massage?**

A. More & more insurance companies are now paying for Medical Massage. The Veterans Administration and CMS (Center for Medicare & Medicaid Services) are considering to pay for Medical Massage from 2020.

### **Q. What is AMMN? How does it related to Massage Therapists?**

A. American Medical Massage Network (AMMN) is a National Network for Qualified & Experienced Massage Therapists, who, by virtue of their training & experience, have become ‘Specialists’ in one or more type of Health Conditions or Diseases. AMMN & your Therapist work with Medical Doctors and other health care professionals, not only to upgrade the knowledge of Therapists but also work together as a ‘Team’, to provide better health care.

### **Q. Do I have to get a referral from my Doctor to see the Massage Specialist?**

A. Yes and No. We prefer that a patient first consult with a Physician to get the diagnostic tests done and try conventional treatment with proper diagnosis. Most doctors & health care professionals know about the evidence-based non-pharmacological treatment of Medical Massage, and they prefer to refer patients to Specialist Massage Therapists. However, if you do not have health insurance, you are welcome to come directly to us.

### **Q. How Much Should I Disrobe for my Massage?**

A. The Therapist will guide you throughout the session. You will be asked to disrobe to your comfort level. Please leave your underwear on. Ladies may remove their bras if they wish. The Breasts & Genitals are NOT worked on during any massage. Various Massage Techniques require lubricant to avoid friction on the skin, so the more skin exposed, the greater the variety of massage techniques the Therapist can perform. Clients will be modestly draped with a sheet during the entire massage session to maintain their privacy. The only part of the body that will be exposed is the part the therapist is working on. When you turn-over, you will be covered. It is a requirement for AMMN Therapists to always honor the modesty of Clients. When the massage is over, the therapist should leave

the room or cubicle and allow you time to get-up and get dressed before she/he can return, and only after knocking the door and asking you if it is okay for her/him to enter.

### **Q. I have never had a Professional Massage – What Should I Expect?**

A. The Therapeutic Massage Laws require that complete information about every client is recorded and maintained – just like it is done at a medical clinic or hospital.

On your first visit, your massage therapist should do an ‘Intake’, asking questions about you, the history of your general health, specific injuries and whether you are under a doctor’s care. We encourage you to ask any questions you may have for the therapist, as well as tell her/him of any special needs, concerns, requirements, problems, pain or suffering, or medical issues, etc. that you may have.

- *A good history is fundamental to better results in Therapeutic Massage.*

The therapist will then give you instructions on how she/he want you on the massage-table (or massage-chair). She/he will make sure you have complete privacy while you are changing, or moving around.

### **Q. Should I eat before my Massage?**

A. It is NOT a good idea to eat a heavy meal before a massage. Heavy rich food in the stomach may cause cramping, and prevent you from enjoying the full benefits of your massage. Please eat very lightly, and drink extra water before coming in for your massage.

### **Q. What should I expect during the Massage?**

A. In order to enhance your level of relaxation when you are getting a professional medical therapeutic massage, there should be little or no talking. The therapist will probably be checking-in with you to make sure you are tolerating the massage-maneuvers, and to remind you to breathe & relax. As the client, your input during the massage is important. If you are in any way uncomfortable - **Speak-Up**. Please let the therapist know if you are feeling good or bad with whatever procedure she/he is doing at the time.

- *Good Communication is fundamental for better results in Therapeutic Massage*

### **Q. How Do I take Care of myself after a Massage?**

A. While we all know how important it is to drink plenty of water, it is especially important after a medical massage. For at least 24-hours after your massage, you should drink extra water to flush the toxins out of your body. If you have access to a steam-room, sauna or whirlpool, they are ideal ways to continue cleansing the system. If not – a hot shower, followed by a soak bath is also a great follow-up.

While most people feel refreshed & wonderful after a massage, sometimes some people may feel a little sore or achy the day after their session. This is a normal response – a lot of stuff gets stirred-up in your body and that feeling is a ‘Healing Response’. It should go away within 24 to 36-hours. Rest, Healthy Eating and Fluids (water) will help minimize the response.

We prefer that you call or visit your Healthcare Professional who has referred you to us, to thank her/him and give your report. We’ll also send her/him a report. It is important that we all communicate well, to make sure that you are getting the best of treatment.

**THANK YOU** for your visit. We hope that this is an enjoyable experience for you, as it is for us. Please come back for another experience soon. Generally most Medical Massages require 3 to 5 sessions for effectiveness.