

Live Well to

Learn Well

Web:

[health.cornell.edu](http://health.cornell.edu)

Phone (24/7):

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607-255-0269

Appointments:

Monday–Saturday

Check web for hours,  
services, providers,  
and appointment  
information

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Ithaca, NY

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# Massage Therapy

*Sitting for hours at a computer ...*

*Practicing ... an instrument, a sport ...*

*Lugging a heavy bags across campus ...*

*Facing work deadlines and exams ...*

Each of these activities, when 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.

The healing benefits have been recognized 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 our cells.

In addition, massage stimulates the release of endorphins—the body’s natural painkiller—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.



*The healing benefits of massage have been recognized for thousands of years.*

## 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

Students and their spouses/partners are eligible to schedule an appointment for Cornell Health Massage Therapy. Call for appointments during business hours: 607-255-7217.

Please check [health.cornell.edu/massage](http://health.cornell.edu/massage) for current rates. Services may be billed or (for students) charged to your bursar account during the academic year.

Appointments take place at Cornell Health Physical Therapy, Schoellkopf Hall on Campus Road. Massage Therapy is provided for the benefit of the members and guests of the Cornell community.

