

MASSAGE THERAPY

at the Hemophilia Outreach Center



The Hemophilia Outreach Center Fitness and Wellness Program offers therapeutic massage for pain management and stress reduction for persons living with a bleeding disorder. Our massage therapists have been specially trained in modifying massage work for people with a bleeding disorder.

Benefits of massage therapy may include:

- Decreased pain, including joint pain
- Improved range of motion, mobility and flexibility
- Relief of headaches and sinus pain
- Improved sleep
- Healthier skin
- Overall relaxation
- Improved immune system function
- Increased energy
- Speeds recovery from injury
- Initial research shows potential for decreasing spontaneous joint bleeds

WHERE: Hemophilia Outreach Center

WHEN: The times and days when massage is offered varies.
A massage lasts approximately one hour.

WHO: This program is offered to individuals with hemophilia, von Willebrands or other bleeding disorders living within the Hemophilia Outreach Center service area who are 16 years old or older (younger children would be considered after discussion with a parent) and family members of persons with a bleeding disorder.

Consent for massage will need to be signed at your first visit. Medical clearance may be necessary in some cases before massage.*

COST: The cost is funded by the Hemophilia Outreach Center Fitness and Wellness Program.

To Make An Appointment: Call the Center at 920-965-0606 for the most current massage therapy schedule.

*This is not a medical service. It is not intended to diagnose, cure, supplement or manage any illness, injury or disease.