

Welcome to Light Hand Clinical Massage – Nutrition - Movement

We are skilled and experienced clinical massage and bodywork therapists, natural health counselors, fitness professionals and estheticians who work together as a team to serve your health concerns. Theresa Wilkes, owner and head therapist, has 24 years of experience in the field of natural health. She oversees all Light Hand client cases. To utilize all of the skills our staff therapists have to offer, you will be scheduled with the therapist who best meets your needs at present, but our entire team will consult on your case. At some point during your treatment, we may recommend that you see one of our other therapists as you progress and your needs change. In this way, we hope to give you the greatest possible benefit with the goal of attaining true, sustainable, pain-free health. All along the way, we will listen to you and communicate with you clearly and completely about your body and your treatment. It is important to us that you are an active participant in this process because this is your unique journey to wellness.

During the session: This is your time. We will do everything we can to make your session effective and satisfying. However, it is up to you to let us know any particular needs that you have i.e. room temperature, the volume or type of music, if the massage is too hard/soft, particular areas/issues that you would like worked on. Your therapist may talk about your muscles, health or diet during the session. If you would rather have a quiet session, please let us know. But, please know that a large part of our focus at Light Hand is to help you understand what is happening in your body, how it got that way, and how it can heal.

After the session: You have just had a treatment that alters your physical, emotional and mental body. You may continue to go through changes for the next 24-48 hours. Be gentle with yourself. Drink lots of good quality water over the next day. This will help to flush out the waste products that were released by the session and will replenish your body. If you are experiencing tenderness in the muscles or slight flu-like symptoms, this is normal and should pass in 24-36 hours. Take a nice hot bath, use ice packs, Sombra and some ibuprofen (if approved by your doctor). If you continue to have discomfort or pain that is more than a minor ache—**it is important that you call us at 864-387-0435.** These symptoms should not be allowed to continue. We will have suggestions to ease your discomfort.

Between sessions: Please remember that the effectiveness of the bodywork depends largely on how you care for yourself between appointments. You live in your body 24/7...we see you for an hour or so. Diet, exercise, stretching and lifestyle are all very important to regaining and maintaining health and pain relief. **Also, we want you to pay attention to how your muscles feel between appointments: how you feel the day or two after a session; if the pain comes back, where you feel it first; how is it the same and how is it different.** These observations will help your therapist track and treat your body's progress more effectively.

Healing takes time: Many of the pain patterns we are working with have underlying causes that have been in place for years. For true healing and complete pain relief to be achieved, we must be persistent and patient. Layers of tension, imbalance and congestion must be released. Sometimes this can cause a reoccurrence of old symptoms. This is known as a healing crisis or a retracing process and is normal. Acute injuries usually respond rapidly to treatment, while long standing cases of chronic pain often take longer to completely release and heal. Do not get discouraged because good health and pain relief can be achieved and are our ultimate goals. Talk to your therapist for more information about how this applies to your situation.

Policies:

Making an appointment: We take appointments Monday- Saturday. The best way to contact us is phone or text. Email is acceptable but slower. A massage therapist can only do 20 sessions a week, so space is limited. Please call as far ahead as possible. Weekly, bi-weekly or monthly standing appointments are recommended. If you have had an injury and are really in need of a session, we will find a way to fit you in ASAP. Please respect your body and us by calling before you are truly desperate.

Promptness: Prompt arrival at appointments is expected. A 15 minute break is scheduled between clients so you should not have to wait. If you are late, please note that we will wait 15 minutes for a client who has not called to warn of a delay. **If you arrive after the start time of your scheduled appointment, the therapist will perform the session in the remaining time and you will be charged the full price.**

Cancellations: 24 hour notice is required for cancellations. **You will be charged in full for the appointment if notice is not given.** We ask that if you must cancel, please do so by phone or text, not by email as these may not be noticed right away. (Please understand that due to the physical demands of a massage practice, a cancelled appointment means a loss of income for the therapist that cannot be made up later. It may also mean a missed opportunity of an appointment for another client in need. Thank you for your understanding and support.) You can mail payment to us at:

Light Hand Muscle Therapy Center 212, Whitsett Street, Greenville, SC, 29601

**We are grateful to be working with you for your health and well-being.
Please visit us at www.lighthandmuscletherapy.com**