

Health Trends

A Message About Massage

(NAPSA)—A recent poll revealed that one-third of adults received a massage during the past year, with the majority indicating that the certification of the practitioner is extremely important. The rub is, however, fewer than half actually sought certified practitioners.

Because consumers place a high value on certification, it is important not to assume that the practitioner is nationally certified.

National certification assures consumers that their interests are being protected just as in other medical and health-related practices. Board certified practitioners adhere to strict ethical and professional standards offering protection to consumers.

Consumers can find a guide to massage and a list of Nationally Certified Practitioners online at The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) Web site, www.ncbtmb.com.

“Nationally certified practitioners have made a commitment to their clients to deliver the quality, consistency and trust their clients deserve,” said Garnet Adair, chair, NCBTMB. “By asking for the therapists’ national certification, consumers know they are in good hands.”

The poll also found:

- A substantial majority of respondents (84 percent) indicate that massage and bodywork services provide a measurable health benefit;

- Stress relief was the leading reason cited for getting a massage (48 percent) with treatment for specific problems or sports-related

A Check List for Massage & Bodywork Safety

Massage and bodywork services can do wonders for your body and mind—provide pain relief, rehabilitation, relaxation or rejuvenation (physical or mental). As in any health-related practice, there are many questions that you should ask a massage and bodywork professional to ensure safe and effective services:

- Are you Nationally Certified by The National Certification Board for Therapeutic Massage and Bodywork?
- How long have you been certified?
- Are there risks associated with a massage?
- What should I do before receiving a massage?
- Are there certain physical conditions that would make it unsafe for me to have a massage or that I should make you aware of?
- What should I expect to happen during the session?
- What types of massage do you offer?
- What type of massage do you recommend for my desired outcome (i.e., relief from stress, sore muscles, etc)? 

issues cited by nearly 25 percent;

- Most respondents received their most recent massage in a private practice setting, one in seven respondents cited a spa.

Said Dr. Christine D. Niero, executive director, NCBTMB, “With so many people getting massage and bodywork services, NCBTMB can help insure the safety of these services if people use nationally certified practition-