**questions & answers**

**what is sport massage?**

Sport massage is a special form of massage and is typically used before, during, and after athletic events. The main purpose of the massage is to alleviate stress and tension which builds up in the body’s soft tissue during physical activity. Where minor injuries and lesions occur due to overextension and/or overuse, massage can break them down quickly and effectively. Some other purposes of sport massage are to prepare the athlete for peak performance, to reduce muscle fatigue, to relieve swelling, to promote flexibility and to prevent injury.

**when would massage therapy not be recommended?**

With certain circulatory ailments, especially phlebitis/thrombosis, as well as high fever, infectious disease, cancer (some types), cardiac problems, inflamed or infected injuries, areas of hemorrhage or heavy tissue damage, recent fractures or sprains (circulation needs to be reduced for the first 24-48 hours). If you have questions, consult your physician.

*from “A Guide to Massage Therapy in America”*

**who may schedule a massage appointment?**

Massage is available to UW-Eau Claire students, faculty, staff and their partners, Chippewa Valley Technical College students who live in UWEC residence halls and Chippewa Valley Technical College students, faculty, and staff who have purchased the Inter-Institutional Agreement (McPhee pass) at the CVTC Cashier’s Window. The Massage Therapy Center is located at the Crest Fitness Center.

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**on site seated massage program**

On-site chair massage provides clients with 15 minutes of therapy on their neck, shoulders, arms, and back. Seated massage allows clients to experience some of the benefits of massage during their already scheduled break time.

**how the program works:**

A minimum of three clients per site per hour is required.

A massage therapist brings the on-site massage chair to your office - private space is preferred. Clients decide the order for receiving their massage.

Payments can be forwarded to University Recreation & Sport Facilities or paid directly to the massage therapist. If you pay the therapist directly you must have exact change.

YOU enjoy the benefits!

$10.00 per individual for 15 minutes of seated massage

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**therapeutic and sport massage**

body. mind. spirit.
**about our therapists**

**Keith Beckstrom**
Keith graduated from the Holistic Center for Therapeutic Massage, in Rockford, IL. He is a nationally certified massage therapist by the NCBTMB and a member of the Associated Bodywork & Massage Professionals (ABMP). He specializes in Swedish, Deep Tissue, Sports, and Chair Massage. Keith is actively involved with hospice care and has a passionate interest in the healing arts.

**Jennifer Wiggin**
Jennifer graduated from Globe University and is licensed through the state of Wisconsin. She has worked as a massage therapist for one year and specializes in Swedish, Deep Tissue, Myofascial Release, Pregnancy, Sport and Thai Massage. Jen enjoys being a massage therapist because she likes helping people feel better.

**Holly Chumas**
Holly graduated from the Massage Therapy program at the Minnesota School of Business in 2008. She is nationally certified by the NCBTMB and specializes in deep tissue, sport massage, trigger point therapy, reflexology, Swedish massage, myofascial release, and pregnancy massage. Holly looks forward to serving clients with the therapeutic benefits of massage, as she states, “Assisting in a person’s healing process is truly my passion.”

body. mind. spirit.

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**flex plan**

According to the ERA booklet for 2008 (page 13) one of the eligible expenses for employee reimbursement (flex plan) is massage therapy. To qualify for massage therapy reimbursement through the ERA plan offered by the University of Wisconsin – Eau Claire, a letter of medical need is required. Please refer to page 13 of the 2008 ERA booklet for details regarding the letter of medical need.

**cancellation / no-show policy**
A six hour advanced notice is required to cancel your appointment without charge. If the appointment is canceled with less than six hours notice, and if we are unable to fill the appointment time, full payment will be required. Future appointments will not be scheduled until payment is received. Weekend appointments must be cancelled by 4:00pm the Friday before appointment. Only the person receiving the massage is eligible to schedule an appointment.

**gift certificates**
Gift Certificates may be purchased at the Recreation Office for students, faculty, staff and their partners. Please note that appointment times may only be scheduled by the massage client.

**types of massage available**
- Pregnancy
- Myofascial
- Chair
- Aromatherapy
- Hot Stones
- Swedish
- Sports
- Deep Tissue
- Trigger Point Therapy
- Craniosacral
- Reflexology
- Positional Release Technique

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**receiving a massage**

Prior to the massage, your therapist will help guide you in deciding the type of massage that would benefit you the most. We offer several types of massage and our therapists are trained to help you decide how we can best serve you. A common concern among new clients is undressing. You are able to undress to your level of comfort. Some people prefer to leave their undergarments on and some prefer to wear comfortable shorts and a light shirt. Your privacy is respected and you are covered with a sheet or blanket during your massage.

Communication with the therapist is recommended. Feel free to discuss needs with the therapist during the massage.

**scheduling a massage**

**appointment information**
- Early morning, evening, and weekend hours are available.
- Call 715.836.3377

**30 minutes - $27.00**
Concentrated work on one or possibly two areas.
For example: back, neck and shoulders.

**45 minutes - $33.00**
Deep muscle or relaxation work.

**60 minutes - $39.00**
A full body massage with concentration on one or possibly two body areas.

**90 minutes - $56.00**
For continuing clients only, with the prior approval of a therapist.

For more details, www.uwec.edu/recreation/MassageTherapy