

For further information or an appointment  
speak with:

**your nurse or doctor**

or

**a staff member of the In-Patient Unit**

or

**our massage therapist.**



*Our namesake  
The Venerable Mary Potter*

For further information, or to make a donation,  
please see our website:

[www.marypotter.org.nz](http://www.marypotter.org.nz)

**Wellington:**

48–52 Mein Street, Newtown  
PO Box 7442, Wellington 6242  
P 04 801 0006 | F 04 389 5035  
E [mph@marypotter.org.nz](mailto:mph@marypotter.org.nz)

**North Wellington/Porirua:**

Te Whare Rānui, 10 Awatea Street, Ranui Heights  
PO Box 50089, Porirua 5240  
P 04 237 7563 | F 04 237 0864  
E [porirua@marypotter.org.nz](mailto:porirua@marypotter.org.nz)

**Kāpiti Coast:**

36 Warrimoo Street,  
PO Box 460, Paraparaumu 5254  
P 04 296 1283 | F 04 298 3970  
E [kapiti@marypotter.org.nz](mailto:kapiti@marypotter.org.nz)



**Massage therapy  
for in-patients and  
family / whānau**

## The benefits of massage therapy

The benefits of massage are many and varied. Massage is an excellent and proven way to relax and unwind both physically and mentally.

Massage is a form of passive exercise that can compensate for lack of movement. Massage treatment is safe, gentle and pleasurable.

The benefits can include:

- relief of muscular discomfort and physical pain
- reduction of stress, tension and anxiety levels
- improvement in circulation
- helpful for digestion
- comfort through safe and non-invasive touch.

After discussion with the patient and / or the family the massage treatment will be planned.

Simple massage techniques for hand and foot massage can be taught to relatives - this can be a wonderful experience both for the giver and receiver.

## Types of massage therapy

### For In-Patient Unit patients

The treatment usually happens at the bedside. The massage therapist will discuss the treatment with you and the clinical team to ensure your comfort and safety.

**Relaxation massage** - a smooth, flowing massage that promotes general relaxation, improves circulation and relieves muscular tension, stress and anxiety. A relaxing foot or hand massage is a wonderful way to "de-stress".

**Therapeutic massage** – incorporates massage techniques similar to relaxation but with more of a focus on addressing specific issues. This can either be a slightly deeper massage aimed at reducing tissue density (knots) or aromatherapy massage. For example, essential oil of ginger can be used to relieve constipation, or lavender for reducing muscular pain.

### For family / whānau

For close family members / whānau spending time at our In-Patient Unit, a neck and shoulder massage can assist in releasing tension and increasing energy levels. This is carried out fully clothed and usually in a massage chair.

### Appointments

Ask your nurse about making an appointment with the massage therapist.



*"Receiving massage is one of the highlights of coming into Mary Potter Hospice, I so look forward to it"*

– male patient on respite.

*"I feel like I am reconnected to my body again. I can feel my feet and my hands feel alive again, too"*

– leg, arm and upper body massage for male patient.

*"That was just lovely dear, thank you, I feel very relaxed and peaceful now"*

– aromatherapy hand massage for elderly female patient who had never experienced massage before.

*"Your foot massage really helps my feet. They are less swollen and not so sore afterwards"*

– female patient with painful ankles and feet.

*"For a while there, you made me forget that I had anything to worry about"*

– family member of a younger female patient in the In-Patient Unit.