

Care Redesign Spine Health Project:

Provider Informational Module “Tip Sheet”



Massage Therapy

Overview

Massage therapy utilizes hands, forearms, and elbows in manual therapy along with instrument assisted soft tissue mobilization tools such as Kinesio Tape, cups, and stainless-steel fascia mobilizers. This aids in loosening hypertonic tissue, helping to increase range of motion and improve quality of life and comfort for patients. Fascia work can help with adhesions due to scars, injury, and bodily trauma.

Specific modalities are often used together in the same visit:

- Trigger Point and Myofascial Release
- Scar Tissue Management
- Lymphatic Drainage
- Muscle Release Technique

Patients are often given homework to continue healing at home.

How Can We Help

Research in massage therapy has shown repeatedly its efficacy in treating pain, especially in conditions such as lumbar pain, cervical issues, radiculopathy, and range of motion limitations. Massage is already recognized as an aid and comfort to patients wanting to discontinue opioid use, and has been used in tandem with other therapies, as an alternative pain management solution to opioids. For up-to-date massage research, visit massagetherapyfoundation.org and amtamassage.org.

What is the Cost?

Costs for massage therapy at Duke Health vary based on the amount of time scheduled with the therapist. Appointment options available include:

- 30-minute massage (*specific area spot treatment*),
- 60-minutes massage
- 90-minute massage
- Discounts are available for Integrative Primary Care members, Duke Health team members, and students.



Visit our [website](#) to learn more about pricing as well as the healing environment and features available at the Duke Integrative Medicine Center.

Refer a Patient

- You can refer a patient for any pain related to spine health by calling Duke Integrative Medicine Guest Services at **919-660-6826**.
- Providers with access MaestroCare/Duke MedLink can make a by selecting the “*AMB Referral to Integrative Medicine*” Referral (*Quick Tip – Type “REF1”*) in the “*Referral Entry*” activity. After selecting the reason for consultation, locate the “*Integrative Medicine Consult*” drop-down list and select “*Massage Therapy*” as the referral modality.

Please send questions or concerns to SpineHealth-Info@duke.edu.